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Pass Guaranteed 2026 Fantastic Fitness NCSF-CPT: National Council on Strength and Fitness Personal Trainer Exam Study Material

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q21-Q26):

NEW QUESTION # 21

For average groups of people represented below, which order represents the lowest resting heart rate to the highest resting heart rate?

- A. Elderly individuals, men, women, children
- B. Children, women, elderly individuals, men
- C. Men, women, children, elderly individuals

- D. Elderly individuals, women, men, children

Answer: B

Explanation:

Heart rate is the number of times that the heart beats per minute and can be measured by taking a pulse. Average people have a resting heart rate of 60 to 80 beats per minute (bpm). The elderly have a lower resting heart rate than adult men and women. Men have a resting heart rate that is about 10 bpm lower than that of adult women. Children have resting heart rates that are higher than those of adults. When comparing fit to unfit individuals, fit individuals have a lower resting heart rate.

NEW QUESTION # 22

An effective cardiorespiratory training program session should include all of these basic components EXCEPT

- A. Power phase
- **B. Warm-up phase**
- C. Cool-down phase
- D. Endurance phase

Answer: B

Explanation:

A training program needs to balance many different variables in order to be effective. A trainer needs to take a clients goals, daily routines, and preferences into account to create a routine that will be followed. Each training session should include a warm-up phase, a workout or endurance phase, and then a cool-down phase.

NEW QUESTION # 23

When meeting with a client for the first time, all of the following can be helpful comments to make to a client EXCEPT

- A. "Can you tell me about your daily routine?"
- **B. problems do you have?"**
- C. "Do you think you have clinical depression?"
- D. "How would you like this work to help you?"

Answer: B

Explanation:

It is important to remember that coaching is not therapy or mental health counseling. Personal trainers should never diagnose current psychiatric problems. However, it is important to ask a person about their past history-medical and otherwise-so that your sessions can be appropriate and productive. Knowing about a person,s daily routine will tell you how active he or she usually is. Asking, "How would you like this work to help you?" can elicit a specific goal that the two of you can work toward.

NEW QUESTION # 24

What food information is NOT present on a food label?

- **A. amount of protein in a serving**
- B. amount of calories in a serving
- C. amount of cholesterol in a serving
- D. amount of caffeine in a serving

Answer: A

Explanation:

Labeling on food packages is helpful in determining a number of characteristics of a food, including the ingredients, serving size, and nutrients present in the food. Food label information is based on a 2,000 calorie diet. It provides the percent daily value for the amount of fats, cholesterol, sodium, potassium, carbohydrates, and protein present in a serving size. While caffeine will be listed as an ingredient if it is present in the food, the specific amount of caffeine will not be listed.

NEW QUESTION # 25

Active listening, building rapport, and showing understanding of a client's situation are all components of

- A. Nonverbal communication
- B. Client-centered techniques
- C. Intrinsic motivation
- D. Extrinsic motivation

Answer: C

Explanation:

Client-centered techniques include asking open-ended questions, listening actively, and frequently clarifying what the client says.

These can all contribute to building rapport and a strong relationship with a client. Nonverbal communication is that which is expressed and received via nonverbal cues, such as facial expressions, gestures, and the presence or absence of eye contact.

Intrinsic motivation is the motivation for change that comes from within. For example, a person may want to lose weight to feel proud or to feel like he can achieve a goal. When people are extrinsically motivated, they are motivated to achieve a goal because of an external factor. For example, someone might want to lose weight to fit into a wedding dress.

NEW QUESTION # 26

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