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## Free PDF Quiz 2026 NCSF-CPT: National Council on Strength and Fitness Personal Trainer Exam – High-quality Exam Practice

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## Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q36-Q41):

### NEW QUESTION # 36

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

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

**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 # 37**

Shortness of breath at rest is called

- A. Orthopnea
- **B. Dyspnea**
- C. Ischemia
- D. Syncope

**Answer: B**

Explanation:

A client with dyspnea will have shortness of breath while resting or only with mild exertion. It is not normal, and it can be a symptom of cardiac or pulmonary disease. Orthopnea is shortness of breath that occurs when one is lying down. It is relieved by sitting upright or standing. Ischemia occurs when there is a lack of blood flow and oxygen to the heart. This causes pain in the chest or pain that has radiated to the neck or arm. Syncope is a loss of consciousness that usually occurs when the brain does not receive enough oxygen.

#### **NEW QUESTION # 38**

Which of the following inhibits a person's joint flexibility?

- A. Having more relaxed muscles
- B. Having a more physically active lifestyle
- C. Having cold muscles
- **D. Being a woman**

**Answer: D**

Explanation:

A person's flexibility is reflected in his or her ability to move a joint, without pain, through a range of motion. In general, a number of factors are associated with increased flexibility. Younger people are more flexible than older individuals, and women are more flexible than men. Warmer, more relaxed muscles allow more joint flexibility than colder muscles. Individuals who are physically active are often more flexible than those who are not. In addition, the joint structure and health of the joint and its surrounding tissues affect an individual's flexibility.

#### **NEW QUESTION # 39**

The interactive tool that can lead to change by creating an equal partnership between the client and the trainer is called

- A. Change talk
- **B. Generative moments**
- C. Appreciative inquiry
- D. Motivational interviewing

**Answer: B**

Explanation:

Motivational interviewing is based on the idea that change occurs when there is an equal partnership between the client and trainer. While you are a training centered relationship. Generative moments are powerful or negative events that have happened to a client that can spur him or her to change. Appreciative inquiry is a technique in which the trainer asks positive and powerful questions to help the client visualize potential possibilities. Change talk involves language spoken by a client about his or her desire and ability to change their behavior.

#### NEW QUESTION # 40

As a prelude to creating a personal training package for a client, a trainer should obtain all of the following EXCEPT

- A. Permission to post the clients photo on the trainer,s Web site
- **B. Informed consent from the client**
- C. Health history of the client
- D. Approval and signature of a physician

**Answer: B**

Explanation:

While you should always obtain permission before posting a photo of a client on a Web site, that is not one of the critical initial pieces of information. If medical clearance is necessary, a signature and recommendations from your clients physician should be obtained. In addition, you will need to know your client,s past and present medical and health issues to create an appropriate training plan. You also need informed consent from your client, demonstrating that he or she understands the risk and benefits of undertaking a training program.

#### NEW QUESTION # 41

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