

CPT Exam Tutorials & New CPT Exam Format

CSEP CPT Exam

what is the average stroke volume during exercise and at rest? - ANSWER Rest: 70 mL/b
Exercise: 120-190mL/b

what is the average cardiac output at rest and during Exercise? - ANSWER Rest: 4900 mL/min
Exercise: 22800-34200 mL/min

What is the fuel for the anaerobic alactic system? Duration? By products? -
ANSWER Fuel: ATP and PCr
Duration : 0-15 secs
By products: ADP, Cr, Pi

What is the fuel for the anaerobic lactic system? Duration? By-products? -
ANSWER Fuel: CHO
Duration: 15-120 secs
By-Products: Lactic Acid, 2 ATP/mol CHO

What is the fuel for the aerobic system? Duration? By-products? - ANSWER Fuel: CHO, Fats, and Proteins (5%)
Duration: 120 -several hours
By-Products: Heat, 36 ATP/mol CHO, H₂O, CO₂

What is the valid direct measure of MAP or VO₂? - ANSWER A breath by breath analysis whereby the subject is hooked up to an analyzer via a hose/mask. The contents of each breath is then analyzed while incrementally increasing the WR/WL until the subject can no longer maintain the intended intensity minimum or the tester deems them unfit to continue.

What are METs? - ANSWER A MET or Metabolic Equivalent is the ratio of energy consumption to a reference metabolic rate set by convention to 3.5 ml O₂/kg/min.

What are the METs during light intensity, moderate intensity, vigorous intensity, and moderate-vigorous intensity PA? - ANSWER Light: >1.5 MET <3.0
Moderate: 3-6 METS
Vigorous: >6 MET
Mod-Vig: All Activities > 3 METs

Define Muscular Strength. - ANSWER is the ability to produce maximal force at a given speed.

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CPT - Useful NASM Certified Personal Trainer Exam Exam Tutorials

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NASM Certified Personal Trainer Exam Sample Questions (Q199-Q204):

NEW QUESTION # 199

A trainer meets an individual who is exercising inconsistently and has taken steps toward a regular exercise program. The trainer should identify that this person is in which of the following Stages of Change?

- A. Action
- B. Precontemplation
- C. Preparation
- D. Contemplation

Answer: C

Explanation:

Someone exercising inconsistently but taking steps toward a regular exercise program is in the preparation stage of change. The CPT7 guide describes this stage as when an individual is planning to take action soon and may be making small behavioral changes, such as occasional workouts, but has not yet established a consistent pattern. Recognizing this stage allows the trainer to focus on strategies that reinforce the client's readiness and help them progress toward the action stage.

NEW QUESTION # 200

In order for exhalation to occur, the diaphragm

- A. contracts, increasing air volume in the lungs.
- B. relaxes, decreasing air volume in the lungs.
- C. contracts, decreasing air volume in the lungs.
- D. relaxes, increasing air volume in the lungs.

Answer: B

NEW QUESTION # 201

Which of the following is the proper lower extremity position when performing a ball squat?

- A. Adduction of the hip
- B. Pronation of the foot
- C. Knee over second toe
- D. Internal rotation of the hip

Answer: C

Explanation:

NASM's resistance training technique guidelines emphasize maintaining proper lower extremity alignment to prevent injury and maximize movement efficiency. For squatting patterns-including the ball squat-the knees should track in line with the second toe, ensuring the tibia and femur remain in proper alignment and reducing valgus or varus stresses at the knee. This position also promotes balanced foot loading and optimal activation of the glutes, quadriceps, and hamstrings. The Study Guide warns that deviations such as hip adduction, foot pronation, or internal hip rotation during squatting increase abnormal stress through the kinetic chain, leading to compensatory patterns and potential overuse injuries. Therefore, "knee over second toe" represents the correct, safe position for the lower extremities in a ball squat.

NEW QUESTION # 202

Which of the following is the MOST crucial for an emergency situation?

- A. An emergency medical plan that includes proper response training
- B. 22%
- C. 25%

- D. 20%

Answer: C

NEW QUESTION # 203

Raising the arms out to the side away from the body describes what type of movement?

- A. Adduction
- B. Flexion
- **C. Abduction**
- D. Elevation

Answer: C

NEW QUESTION # 204

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