

# 素晴らしいNCSF-CPT受験対策 |最初の試行で簡単に勉強して試験に合格する &初段のNCSF-CPT: National Council on Strength and Fitness Personal Trainer Exam



無料でクラウドストレージから最新のJPNTTest NCSF-CPT PDFダンプをダウンロードする: <https://drive.google.com/open?id=19boYFlvxCE47PJQkdIG6WC1E3rITS58>

NCSF-CPT模擬試験を購入すると、当社のウェブサイトはプロの技術を使用してすべてのユーザーのプライバシーを暗号化し、ハッカーの盗用を防ぎます。私たちは、ビジネスがお客様のために十分に考慮された場合にのみ継続できると考えているため、当社の評判を損なうような行為は一切行いません。NCSF-CPT試験問題に完全な信頼を寄せていただければ幸いです。失望することはありません。

私たちの専門家は、あなたがNCSF-CPTテストのわずかな変更に対応できるように、日々献身的な最新情報を提供するように努めています。したがって、お客様は生産性が高く効率的なユーザーエクスペリエンスを楽しむことができます。この状況では、お客様の提案と需要が合理的である限り、1年間の更新システムを無料で楽しみいただけることを保証する義務があります。NCSF-CPTテスト準備を購入した後、NCSF-CPT試験問題を購入してから1年間、無料アップデートをお楽しみいただけます。

>> NCSF-CPT受験対策 <<

## 信頼できるNCSF-CPT | 有効的なNCSF-CPT受験対策試験 | 試験の準備方法National Council on Strength and Fitness Personal Trainer Examウェブトレーニング

あなたはいい仕事を見つけたい場合、NCSF-CPT参考資料を選択してください。多くのお客様はNCSF-CPT試験参考書を選択したら、NCSF-CPT認定試験資格証明書を取得しました。また、Fitnessのサービスもいいし、24時間のサービスを提供できます。だから、それは最もいい資料です。

## Fitness National Council on Strength and Fitness Personal Trainer Exam 認定 NCSF-CPT 試験問題 (Q16-Q21):

### 質問 # 16

A number of atherosclerotic cardiovascular disease risk factors exist. A client who has which of the following would be considered to have a positive risk factor for hypertension?

- A. Having taken an antihypertensive medication in the past
- **B. Systolic blood pressure 140 mm Hg on two separate occasions**
- C. Diastolic blood pressure 275 mm Hg on two separate occasions
- D. Systolic blood pressure 140 mm Hg and diastolic blood pressure 2 100 mm Hg on one occasion

正解: B

解説:

Hypertension is defined by the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure as a systolic blood pressure of 140 mm Hg and a diastolic blood pressure of 2 90 mm Hg on separate occasions. In addition, current use of an antihypertensive medication is considered to be a positive risk factor for hypertension.

### 質問 # 17

All of the following are true of intermittent claudication EXCEPT

- A. Symptoms associated with intermittent claudication are reproducible.
- **B. People with diabetes have a greater risk of having intermittent claudication.**
- C. Intermittent claudication usually goes away within 10 minutes of stopping an exercise.
- D. Intermittent claudication does not usually occur when a client stands or sits.

正解: B

解説:

When an individual has intermittent claudication he or she develop pain in a specific area with exercise due to inadequate blood flow to that specific muscle. This pain can be reproduced from day to day. It usually does not occur when a client is sitting or standing. People with coronary artery disease or diabetes are prone to developing intermittent claudication. However, once the exercise that precipitated the pain has stopped, the pain should go away within one to two minutes.

### 質問 # 18

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

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

正解: D

解説:

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.

### 質問 # 19

A client in the precontemplation stage of behavior might think to himself:

- A. "I am so proud I lost weight!"
- **B. "I have a plan to lose weight."**
- C. "I just can,t lose weight."
- D. "I am really thinking about how to lose weight."

正解: B

解説:

There are five stages of behavioral change. Listed in order of unwilling to change to readiness to change, they are precontemplation, contemplation, preparation, action, and maintenance. People in precontemplation often say, "I can,t" or "I won,t" about being able to change. People in the contemplation stage often say, "I just may change" or "I,m thinking about it." People in the preparation stage have actively decided to take action at some point soon. In the action stage, a person has decided to implement a consistent change, but has been implementing the new behavior for less than six months. If a person has consistently implemented a change for more than six months, he or she is in the maintenance stage.

#### 質問 # 20

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

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

正解: A

解説:

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.

#### 質問 # 21

.....

あなたはNCSF-CPT試験に不安を持っていますか? NCSF-CPT参考資料をご覧ください。私たちのNCSF-CPT参考資料は十年以上にわたり、専門家が何度も練習して、作られました。あなたに高品質で、全面的なNCSF-CPT参考資料を提供することは私たちの責任です。私たちより、NCSF-CPT試験を知る人はいません。

NCSF-CPTウェブトレーニング : <https://www.jpptest.com/shiken/NCSF-CPT-mondaishu>

当社の専門家および教授は、すべてのお客様向けのNCSF-CPT試験問題に関するオンラインサービスシステムを設計しました、Fitness NCSF-CPT受験対策 その権威性が高いと言えます、多くのサイトの中で、どこかのFitnessのNCSF-CPT試験問題集は最も正確性が高いですか、NCSF-CPTウェブトレーニング - National Council on Strength and Fitness Personal Trainer Exam練習問題の様々な割引、Fitness NCSF-CPT受験対策 一度使用したら、いつでもどこでも開くことができます、Fitness NCSF-CPT受験対策 すべての顧客の実際の状況に応じて、すべての顧客に適した学習計画を作成します、NCSF-CPTトレーニング資料の詳細と保証、連絡方法、当社製品に関するクライアントの評価、および関連する試験。

お芳は土間に蹴落された、真似事とはいえ、木崎にも欲はあるはずだ、当社の専門家および教授は、すべてのお客様向けのNCSF-CPT試験問題に関するオンラインサービスシステムを設計しました、その権威性が高いと言えます。

## 更新のNCSF-CPT受験対策 | 最初の試行で簡単に勉強して試験に合格する & 高品質Fitness National Council on Strength and Fitness Personal Trainer Exam

多くのサイトの中で、どこかのFitnessのNCSF-CPT試験問題集は最も正確性が高いですか、National Council on Strength and Fitness Personal Trainer Exam練習問題の様々な割引、一度使用したら、いつでもどこでも開くことができます。

- 真実的なNCSF-CPT | 権威のあるNCSF-CPT受験対策試験 | 試験の準備方法National Council on Strength and Fitness Personal Trainer Examウェブトレーニング  ➡ [www.xhs1991.com](http://www.xhs1991.com)  サイトにて ➡ NCSF-CPT    問題集を無料で使おうNCSF-CPT問題と解答
- NCSF-CPTダウンロード  NCSF-CPT試験攻略  NCSF-CPT日本語版参考資料  検索するだけで⇒

