

National Council on Strength and Fitness Personal Trainer Exam 100% pass dumps & NCSF-CPT latest valid exam torrent



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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q23-Q28):

NEW QUESTION # 23

An example of a substitution behavioral change that you might suggest to a client is

- A. "Put your running shoes right by your bed so you are motivated to run first thing in the morning."
- B. "Call your best friend to walk with you every day."
- C. "Take the stairs instead of the elevator at work"
- D. "If you reach this goal we set up, you can have a reward of your choosing."

Answer: A

Explanation:

There are a number of strategies trainers can employ in order to effect behavior change in a client. Substitution or counterconditioning involves substituting healthy behaviors for unhealthy behaviors. Answer A is an example of social support. Answer C is an example of a reward or reinforcement system. Answer D is an example of environmental control, which is a cue that can precipitate healthy behavior.

NEW QUESTION # 24

The condition that involves rapid breakdown of muscle tissue due to too much exercise, which can potentially result in kidney failure, is called

- A. Proteinuria
- B. Myoglobinuria
- C. Dialysis
- D. Rhabdomyolysis

Answer: D

Explanation:

Rhabdomyolysis, caused when an individual exercises too excessively, results in muscle damage and breakdown. These breakdown products, which can include protein and myoglobin, then enter the bloodstream and have the potential to harm the kidneys. Kidney failure, and possibly death, can result. Symptoms of rhabdomyolysis can include muscle swelling, pain, and soreness. Myoglobinuria and proteinuria describe the conditions of having myoglobin and protein in the urine. However, they do not necessarily reflect a cause. Dialysis is a treatment for kidney failure.

NEW QUESTION # 25

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

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

Answer: A

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 client's 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 # 26

Normal systolic and diastolic blood pressure measurements (in mm Hg) include which of the following?

- A. Systolic 140, diastolic 85
- B. Systolic 110, diastolic 75
- C. Systolic 130, diastolic 70
- D. Systolic 110, diastolic 85

Answer: B

Explanation:

Normal blood pressure is classified as a systolic pressure of less than 120 mm Hg and a diastolic pressure of less than 80 mm Hg. If either the systolic or diastolic pressures are elevated on multiple occasions, an individual's blood pressure is considered to be high.

NEW QUESTION # 27

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

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

Answer: B

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 # 28

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