

Fitness NCSF-CPT Cost Effective Dumps - Trustworthy NCSF-CPT Practice



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Appropriately, we can wrap up this post with the way that the test centers around the material that is essential to handily clear your National Council on Strength and Fitness Personal Trainer Exam certification exam. You can trust the material and set aside an edge to zero in on those before you win eventually over the last National Council on Strength and Fitness Personal Trainer Exam (NCSF-CPT) exam dates. To get it, find the source that assists you with getting the right test and spotlight on material agreeable for you for organizing the National Council on Strength and Fitness Personal Trainer Exam exam.

>> **Fitness NCSF-CPT Cost Effective Dumps** <<

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q22-Q27):

NEW QUESTION # 22

How much weight loss is appropriate for an obese individual with a BMI greater than 30?

- A. 2 kg a week
- B. 1 kg a week
- C. 4 kg a week
- D. 3 kg a week

Answer: B

Explanation:

People who are obese have a BMI greater than or equal to 30. These individuals are at a high risk of cardiac problems, certain types of cancers, and diabetes. Among other areas, training programs can focus on weight loss, promoting appetite control, and lowering the risk of associated medical issues. Weight loss should be gradual-not more than 1 kg per week. Aerobic training sessions five to seven times a week lasting 45-60 minutes per session may be helpful.

NEW QUESTION # 23

Which of the following pulses is not commonly used to determine an individual's heart rate?

- A. Carotid
- B. Popliteal
- C. Radial
- D. Brachial

Answer: D

Explanation:

The popliteal artery, located behind the knee, can be difficult to palpate. The carotid pulse is felt by placing one's fingers lightly in the lower neck along the medial aspect of the sternocleidomastoid muscle. The brachial pulse can be palpated between the triceps and biceps muscles on the anterior and medial aspect of the arm, near the elbow. The radial artery can be palpated on the anterior arm, near the wrist.

NEW QUESTION # 24

What is the approximate target heart rate for a 50-year-old man in beats per minute (bpm)?

- A. 85 to 145
- B. 75 to 120
- C. 120 to 160
- D. 85 to 110

Answer: D

Explanation:

To calculate an individual's target heart rate, first one needs to estimate the person's maximal heart rate. This is estimated by subtracting a person's age from 220. In this example, the person's maximal heart rate is $220 - 50 = 170$. Using this number, the target heart rate can be calculated. The recommended target heart rate is between 50% and 85% of the maximal heart rate. This would be $170 \times 0.50 = 85$, and $170 \times 0.85 = 145$. So, the individual's target heart rate is estimated to be between about 85 and 145 bpm.

NEW QUESTION # 25

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

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

Answer: B

Explanation:

A training program needs to balance many different variables in order to be effective. A trainer needs to take a client's 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 # 26

An example of active listening is

- A. "So you are saying that you didn't understand how this exercise was supposed to feel?"
- B. "Great job your exercises this week!"
- C. "How did your big project at work turn out?"
- D. didn't you do this exercise this week?"

Answer: A

Explanation:

Active listening is a technique that enhances communication. It involves conveying what the client says back to the client, so that the individual feels they are being heard and understood. The client tells you how he or she feels or what he or she thinks, and you repeat or paraphrase it back to the individual. This technique provides the opportunity for clarification in the event that the client actually meant something else. When actively listening, it is helpful to let the other speak without interruption and to maintain eye contact and focus on the client.

NEW QUESTION # 27

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