

New NCSF-CPT Exam Objectives & NCSF-CPT Trustworthy Pdf

NCSF CPT - Chapter 1: Introduction to Personal Training Exam 2024

Health - Answer✓✓- The condition of being sound in body, mind, or spirit and free from physical pain, illness, or disease.

An Evolved Concept of Wellness Includes - Answer✓✓- Physical Mental Emotional Intellectual Social Environmental

A person who lives a healthy lifestyle: - Answer✓✓-

True Exercise - Answer✓✓- Must produce a stress that stimulates cellular responses and generates potential for new or sustained adaptations

Principle of overload - Answer✓✓- stress must be applied beyond that which the body is accustomed to promote adaptation

Principle of progression - Answer✓✓- once the body has adapted to a level of stress, additional stress is needed to promote further adaptations

Principle of Specificity - Answer✓✓- a desired adaptation occurs in response to specific stress placed upon the body; reflect fitness goals

Elastic - Answer✓✓- an acute response to an unaccustomed level of stress, but the system reverts back to the starting condition once the stimulus of stress is removed

Plastic - Answer✓✓- repeated stress which causes system improvements due to adequate recurring exposure; chronic adaptations and changes occur

Moderate-intensity physical activity - Answer✓✓- Performed at 3.0-5.9 times the intensity of rest; on a scale relative to an individual's personal capacity = 5-6 (scale 0-10); Examples: cycling

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>> New NCSF-CPT Exam Objectives <<

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q44-Q49):

NEW QUESTION # 44

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

- A. Having cold muscles
- B. Having a more physically active lifestyle
- C. Having more relaxed 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 # 45

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

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

Answer: A

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 # 46

The joint movement that results in an increase of the joint angle is called

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

Answer: D

Explanation:

When a joint is extended, the angle of the joint is increased. Flexion is the opposite of extension, and causes the joint angle to decrease. Abduction refers to movement that is directed away from the midline of the body. The opposite of abduction is adduction. Adduction describes movements that are made toward the midline of the body.

NEW QUESTION # 47

Your client is in the maintenance stage of behavior and is exercising regularly. One day she cancels her appointments with you, claiming she has too much to do at work. If she abandons her exercise routine completely, it is called a

- A. relapse
- **B. self-change**
- C. self-challenge
- D. lapse

Answer: B

Explanation:

A relapse is when a person stops their positive behavior and, as a result, loses the positive benefits he or she had gained. Many conditions can lead to relapse: work pressures, boredom, and increased travel are only a few. Although similar, a lapse is a temporary stop in positive behavior. Had this client returned after a week or two, her exercise routine would have lapsed, but she would have likely maintained or quickly regained the positive benefits.

NEW QUESTION # 48

The "talk test" refers to

- A. The ability of an individual while exercising to talk or respond to a trainer's questions without gasping for breath.
- **B. The comfort level of a client to let a trainer know when an exercise is too hard.**
- C. The practice of speaking with your client before a training session to check in with the client
- D. The practice of talking with your client during the cool-down phase to see how the session felt.

Answer: B

Explanation:

It is important that a training session not be too intense. The "talk test" is a simple way to get a handle on the intensity of the endurance or workout phase. A client should be able to talk or answer a trainer's questions without gasping for breath. Not being able to speak easily can indicate that the workout is too intense.

Cardiovascular, muscular, and orthopedic injuries are more likely to occur when a workout is too intense.

NEW QUESTION # 49

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