

Valid NCSF-CPT Exam Answers, Reliable NCSF-CPT Test Materials

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Ncsf CPT Exam Questions and Answers 100% Pass

The ability of vessels to expand and contract to accommodate blood pressure fluctuations is known as _____ - ✓✓Vascular compliance is defined as the ability of the arteries to expand and contract to accommodate changes in blood pressure. Blood pressure is the product of cardiac output and peripheral resistance, and therefore rises in response to exercise. Among healthy individuals increasing blood pressure during exercise is attenuated by dilating blood vessels. Aerobic training can promote long-term improvements in the vascular system.

Which of the following actions would have the greatest positive impact on your client's health and well-being? - ✓✓Quitting smoking would have the greatest impact on health since smokers have about a 70% greater level of risk for cardiovascular disease.

Research has shown that following 15 years of quitting smoking, the risk of developing cardiovascular disease can approach that of a non-smoker. Improving quality of life by promoting healthy lifestyle habits will have a greater impact on overall health and well-being than any specific action such as losing five pounds.

Older clients are more likely to demonstrate which movement limitation when compared to younger clients? - ✓✓spinal extension Increasing age is associated with

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q42-Q47):

NEW QUESTION # 42

What food information is NOT present on a food label?

- A. amount of cholesterol in a serving
- B. amount of calories in a serving
- C. amount of protein in a serving
- D. amount of caffeine in a serving

Answer: C

Explanation:

Labeling on food packages is helpful in determining a number of characteristics of a food, including the ingredients, serving size, and nutrients present in the food. Food label information is based on a 2,000 calorie diet. It provides the percent daily value for the amount of fats, cholesterol, sodium, potassium, carbohydrates, and protein present in a serving size. While caffeine will be listed as an ingredient if it is present in the food, the specific amount of caffeine will not be listed.

NEW QUESTION # 43

Older adults should engage in an aerobic exercise program that provides which of the following?

- A. 30 minutes, 3 days a week of moderate intensity aerobic activity
- B. 20 minutes, 5 days a week of vigorous intensity aerobic activity
- C. 30 minutes, 5 days a week of moderate intensity aerobic activity
- D. 25 minutes, 3 days a week of mild intensity aerobic activity

Answer: B

Explanation:

If their medical issues allow it, individuals over the age of 65 can and should participate in exercise training programs. Aerobic, or cardiorespiratory, exercise can decrease morbidity and mortality rates in older individuals. The recommendations are for older individuals to engage in moderate intensity aerobic activity for 30 minutes, 5 days a week (150 minutes total), or to engage in vigorous intensity aerobic activity for 25 minutes, 3 days a week (75 minutes total). People can also do a combination of both.

NEW QUESTION # 44

Common complications of diabetes include all of the following EXCEPT

- A. Kidney problems
- B. Peripheral nerve problems
- C. Vision problems
- D. Hearing problems

Answer: C

Explanation:

Diabetes can lead to kidney problems (nephropathy), trouble seeing (retinopathy), and decreased sensation of peripheral nerves (peripheral neuropathy). If these conditions are present, a trainer needs to adapt an exercise program accordingly. Some precautions that can be taken include keeping the blood pressure stable for retinopathy, avoiding exercise requiring high levels of coordination for peripheral neuropathy, or avoiding prolonged exercise for nephropathy.

NEW QUESTION # 45

The end of a bone is called the

- A. Diaphysis
- **B. Epiphysis**
- C. Endosteum
- D. Periosteum

Answer: B

Explanation:

When describing the anatomy of a bone, the epiphysis is the end of a bone and the diaphysis is the shaft of the bone. The periosteum is a membrane that covers the surface of a bone, except at the articular surfaces (joints). The endosteum is the lining of the bone marrow cavity and contains the cells necessary for new bone development.

NEW QUESTION # 46

Which of the following should be considered a life-threatening medical emergency?

- **A. A hip fracture in an elderly individual**
- B. A dislocation of the cervical spinal cord
- C. Anterior cruciate ligament tear
- D. An Achilles, tendon rupture

Answer: A

Explanation:

Any trauma to the neck (or cervical spine) should be considered a medical emergency. When the cervical vertebrae are dislocated or fractured, the spinal column can become unstable. This can potentially lead to paralysis or death. While an Achilles, tendon rupture or anterior cruciate ligament tear is a serious leg/knee injury, respectively, and may be career ending for athletes, either one is not life threatening. A hip fracture or a fracture of the neck of the femur can cause permanent disability, especially in the elderly. However, these are also not usually life threatening.

NEW QUESTION # 47

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