


# 2026 NCSF-CPT Relevant Answers - Fitness National Council on Strength and Fitness Personal Trainer Exam - Latest Original NCSF-CPT Questions




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*Fitness*  
NCSF-CPT  
National Council on Strength and Fitness Personal Trainer Exam

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## **Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q32-Q37):**

### **NEW QUESTION # 32**

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

**Answer: B**

Explanation:

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.

### **NEW QUESTION # 33**

All of the following can help the client-trainer relationship EXCEPT

- A. Keeping information between the two of you confidential
- **B. Accepting your client for what she is able to do, even if others her age are able to do more**
- C. Answering a text or phone call during a session
- D. Asking your client about his week

**Answer: B**

Explanation:

A number of factors can help facilitate a beneficial working relationship between a client and a trainer. These can include being present in the moment, maintaining confidentiality, being interested in your client's life, giving helpful feedback and treating your client in a positive way. Along those lines, it is important to accept clients at the level they are currently at rather than comparing them to others.

### **NEW QUESTION # 34**

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

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

**Answer: C**

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 # 35**

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

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

**Answer: D**

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 # 36

All of the following are true of intermittent claudication EXCEPT

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

**Answer: A**

Explanation:

When an individual has intermittent claudication he or she develops 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.

### NEW QUESTION # 37

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