

# Valid CPT Exam Answers | CPT Valid Test Vce Free

## CSEP CPT Exam | Questions with 100% Correct Answers | Verified | Latest Update 2024

What is the average stroke volume during exercise and at rest? - ✓✓ Rest: 70 mL/b  
Exercise: 120-190 mL/b

What is the average cardiac output at rest and during Exercise? - ✓✓ Rest: 4900 mL/min  
Exercise: 22800-34200 mL/min

What is the fuel for the anaerobic alactic system? Duration? By products? - ✓✓ Fuel: ATP and PCr  
Duration: 0-15 secs  
By products: ADP, Cr, Pi

What is the fuel for the anaerobic lactic system? Duration? By-products? - ✓✓ Fuel: CHO  
Duration: 15-120 secs  
By-Products: Lactic Acid, 2 ATP/mol CHO

What is the fuel for the aerobic system? Duration? By-products? - ✓✓ Fuel: CHO, Fats, and Proteins (5%)  
Duration: 120 -several hours  
By-Products: Heat, 36 ATP/mol CHO, H<sub>2</sub>O, CO<sub>2</sub>

What is the valid direct measure of MAP or VO<sub>2</sub>? - ✓✓ A breath by breath analysis whereby the subject is hooked up to an analyzer via a hose/mask. The contents of each breath is then analyzed while incrementally increasing the WR/WL until the subject can no longer maintain the intended intensity minimum or the tester deems them unfit to continue.

What are METs? - ✓✓ A MET or Metabolic Equivalent is the ratio of energy consumption to a reference metabolic rate set by convention to 3.5 mL O<sub>2</sub>/kg/min.

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## CPT Valid Test Vce Free | Valid CPT Exam Syllabus

We often ask, what is the purpose of learning? Why should we study? Why did you study for CPT exam so long? As many people think that, even if one day we forget the formula for the area of a triangle, we can still live very well, but if it were not for the knowledge of learning CPT Exam and try to obtain certification, how can we have the opportunity to good to future life? So, the

examination is necessary, only to get the test CPT certification, get a certificate, to prove better us, to pave the way for our future life.

## **NASM Certified Personal Trainer Exam Sample Questions (Q203-Q208):**

### **NEW QUESTION # 203**

Which of the following subjective information should a trainer collect during a fitness assessment for an older adult client?

- **A. Chronic medical conditions**
- B. Postural alignment
- C. Body fat percentage
- D. Body mass index

**Answer: A**

Explanation:

When conducting a fitness assessment-especially for older adults-NASM stresses the importance of gathering subjective information regarding the client's medical history, chronic conditions, medications, and lifestyle factors. The NASM CPT7 Study Guide notes that subjective information "is gathered from the client, including health, medical, and lifestyle history" and is critical for risk stratification and tailoring safe exercise programs.

For older adults, this becomes even more important because the prevalence of conditions like cardiovascular disease, type 2 diabetes, arthritis, and osteoporosis increases with age. Knowing these details allows the CPT to adjust exercise intensity, movement selection, and monitoring protocols.

While body fat percentage, BMI, and postural alignment are valuable metrics, they are forms of objective information obtained through testing and observation-not subjective. Subjective health history is the first step in NASM's assessment process, ensuring safety and compliance with medical clearance when needed.

Therefore, for an older adult, identifying chronic medical conditions during the subjective intake is essential before moving to any performance or body composition assessments.

### **NEW QUESTION # 204**

There are how many types of muscle tissue?

- A. One
- B. Four
- **C. Three**
- D. Two

**Answer: C**

### **NEW QUESTION # 205**

Which of the following is the primary hormone secreted during times of stress?

- A. Progesterone
- **B. Cortisol**
- C. Estrogen
- D. Testosterone

**Answer: B**

### **NEW QUESTION # 206**

What is the primary function of the Rate of Perceived Exertion (RPE) scale?

- A. Calculates maximum daily caloric intake
- B. Determines the ideal weight to lift during resistance training
- C. Measures heart rate variability
- **D. Assesses the intensity of exercise**

**Answer: D**

#### NEW QUESTION # 207

Which of the following is an appropriate assessment for a senior client who has arthritis in her knees?

- **A. Rockport walk test**
- B. Davies test
- C. Shark skill test
- D. YMCA 3-minute step test

**Answer: A**

Explanation:

The Rockport walk test is an appropriate submaximal cardiovascular assessment for seniors and individuals with joint issues such as arthritis in the knees. It involves a one-mile walk at the fastest comfortable pace and is used to estimate cardiorespiratory fitness without requiring high-impact activity. The NASM CPT7 guidelines recommend low-impact, steady-state tests for populations with joint limitations to avoid aggravating symptoms. Tests like the YMCA 3-minute step test require repetitive stepping that can strain arthritic knees, the Davies test is a high-intensity agility/coordination drill involving upper body movement (not suited for seniors with lower body arthritis), and the Shark skill test is a dynamic balance/agility assessment with hopping-highly contraindicated for knee arthritis. The Rockport test is performed on a flat surface, minimizing joint stress while still providing valid aerobic fitness data.

#### NEW QUESTION # 208

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