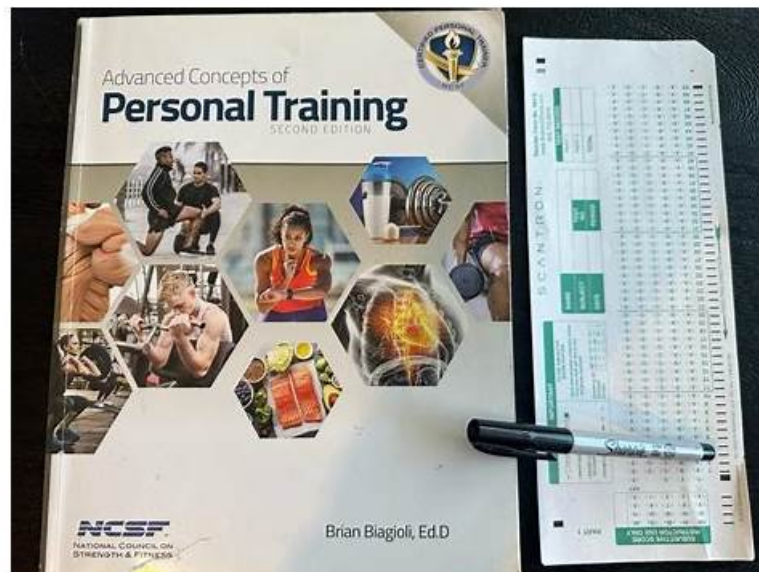# New NCSF-CPT Braindumps Ebook - 2026 NCSF-CPT: National Council on Strength and Fitness Personal Trainer Exam First-grade Latest Exam Registration

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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q12-Q17):

NEW QUESTION # 12
As a prelude to creating a personal training package for a client, a trainer should obtain all of the following EXCEPT

- A. Permission to post the clients photo on the trainer,s Web site
- B. Health history of the client
- C. Informed consent from the client
- D. Approval and signature of a physician

Answer: C

Explanation:

While you should always obtain permission before posting a photo of a client on a Web site, that is not one of the critical initial pieces of information. If medical clearance is necessary, a signature and recommendations from your clients physician should be obtained. In addition, you will need to know your client,s past and present medical and health issues to create an appropriate training plan. You also need informed consent from your client, demonstrating that he or she understands the risk and benefits of undertaking a training program.

NEW QUESTION # 13

An individual,s flexibility can be assessed by which of the following?

- A. A sit-and-reach test
- B. A one-repetition bench press
- C. A curl-up test
- D. A push-up test

Answer: D

Explanation:

A sit-and-reach test can measure the flexibility of an individual,s lower back hip, and hamstrings. A one-repetition bench press is used to assess muscular strength or muscle force. Both the push-up test and the curl-up test are used for measuring muscle endurance.

NEW QUESTION # 14

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

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

Answer: B

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 # 15

Goals that a trainer helps a client set should be all of the following EXCEPT

- A. Action-based
- B. Time-limited
- C. Broadly defined
- D. Measurable

Answer: A

Explanation:

Goals that are most helpful are those that are specific, very well defined, able to be measured, realistic, and have a time constraint on them. The actions a client needs to take should be specifically defined. For example, a goal may be that a client will walk on his treadmill at a pace of 3 mph for 30 minutes on Monday through Friday before going to work.

NEW QUESTION # 16

All of the following are benefits of increased flexibility EXCEPT

- A. Increased range of motion
- B. Improved circulation
- C. Improved coordination
- D. Increased chance of muscle injury

Answer: D

Explanation:
Flexibility training has a number of benefits, including increased circulation, increased range of motion, improved muscle coordination, and decreased future chance of muscle injury.

NEW QUESTION # 17

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