NSCA-CERTIFIED PERSONAL TRAINER® (NSCA-CPT®)

PRACTICE EXAM

REFERENCE UPDATE

VOLUME TWO

Developed by the NSCA®

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Index to question references – NSCA-CPT VOLUME TWO

	Content Area 1: CLIENT CONSULTATION & ASSESSMENT					
			REFERENCES			
PRACTICE EXAM Q#	Your Answer	Correct Answer	Detailed Content Outline	*NSCA's Essentials of Personal Training* Text (Second Edition)	*Essentials of Personal Training Symposium* presentation title	Supplemental Articles, Question Topic(s) (QT), *Exercise Technique Manual for Resistance Training* and DVDs (ETM)
1		D	1 C1	Ch 11: P 230-231	Client Consultation and Fitness Assessment	**QT:** sit-and-reach flexibility test protocol
9		A	1 C1	Ch 11: P 206 p5- P 207 p3	Client Consultation and Fitness Assessment	**QT:** blood pressure protocol
10		C	1 C1	Ch 11: P 211 p5 – P213 p6, P212 Figure 11.3 (c)	Client Consultation and Fitness Assessment	**QT:** skinfold measurement protocol
14		C	1 A2	Ch 9: p148 c2p3	Client Consultation and Fitness Assessment	**QT:** initial consultation, PAR-Q, medical history
15		B	1 B	Ch 9: p149 c2p2-4	Client Consultation and Fitness Assessment	**QT:** medical history form
16		A	1 D2	Ch 7: P 116 c2p6	Nutrition and Weight Management Issues	**QT:** dehydration, fluid replenishment
40		C	1 C2		Nutrition and Weight Management Issues	Reimers, K. "Body Composition Calculations" **QT:** fat-free weight, lean body mass, fat weight
41		D	1 B3	Ch 9: P 152 Table 9.1, P 158 Table 9.2	Client Consultation and Fitness Assessment	**QT:** physician referral
42		B	1 D4-5	Ch 19: P 506 c2p5 – P 508 c1p1, P 507 (box), P 508 (box)	Nutrition and Weight Management Issues	**QT:** signs of anorexia and bulimia
44		D	1 D2	Ch 7: P 115 (box)	Nutrition and Weight Management Issues	**QT:** number of kilocalories per gram of protein, carbohydrate, and fat
45		B	1 B2	Ch 9: P 151 c2p2 – P154 c1p2, P 152 Table 9.1, P 158 c2p2, P 158 Table 9.2	Client Consultation and Fitness Assessment	**QT:** coronary heart disease risk factors, risk stratification

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	Content Area 2: PROGRAM PLANNING					
PRACTICE EXAM Q#	Your Answer	Correct Answer	REFERENCES			
			Detailed Content Outline	*NSCA's Essentials of Personal Training* Text (Second Edition)	*Essentials of Personal Training Symposium* presentation title	Supplemental Articles, Question Topic(s) (QT), *Exercise Technique Manual for Resistance Training* and DVDs (ETM)
13		B	2 C2	Ch. 2: P 22 c2p1	Client Consultation and Fitness Assessment	**QT:** blood pressure, systole, diastole
17		C	2 A3	Ch. 8: P136 c1p4 - c2p1	Client Consultation and Fitness Assessment	**QT:** goal setting, positive reinforcement
18		C	2 B3	Ch. 3: P 37 c2p2 – P 38 c1p1	Aerobic Exercise Prescription	**QT:** relationship between exercise intensity and exercise duration, energy systems
19		B	2 B1	Ch 21: P 554 c1p4 – c2p2	Biomechanical Principles	**QT:** open and closed kinetic chain exercises
20		D	2 C2	Ch 4: P 56 c2p3- P 57 c1p2; Ch 5: P 75 c1p4 – c2p1	Anaerobic and Aerobic Training Adaptations	**QT:** neuromuscular adaptations to resistance training, neural factors
21		B	2 D1		Training Special Populations, Part 1	Faigenbaum, A. "Youth Resistance Training" **QT:** Tanner scale, prepubescent training
24		D	2 B5	Ch 15: P 353 c2p1 – c2p2	Weight Training Exercise Prescription	**QT:** weight training exercise frequency, program design variables, split routine
25		B	2 C2	Ch 5: P 75 c1p2 – P 80 c1p3; Ch 6: P 92 c1p2- c2p1, P 98 c2p2- P 99 c2p1	Anaerobic and Aerobic Training Adaptations	**QT:** chronic adaptations to aerobic exercise and resistance training
26		C	2 B4	Ch 16: P 395 Figure 16.1	Aerobic Exercise Prescription	**QT:** rate of perceived exertion (RPE)
29		A	2 D3	Ch 19: P 503 c1p1	Training Special Populations, Part 2	**QT:** anterior pelvic tilt, low back pain
30		A	2 B1	Ch 21: P 558 c2p4 - P 559 c1p1	Training Special Populations, Part 2	**QT:** exercise limitations of arthritis
31		C	2 D1		Training Special Populations, Part 1	ACOG "Exercise - Pregnancy and Postpartum" **QT:** physiological changes due to pregnancy
34		C	2 D2	Ch 10: P 189 c1; Ch 18: P 476 Table 18.1	Training Special Populations, Part 1	**QT:** balance training for the elderly

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39		A	2 A1	Ch 11: P 239 Table 11.14, P 242 Table 11.22, P 243 Table 11.23, P 244 Table 11.25	Client Consultation and Fitness Assessment	**QT:** norms for fitness tests
43		D	2 A1	Ch 6: P 82 c2p1- p2	Anaerobic and Aerobic Training Adaptations	**QT:** goal setting; overtraining

Content Area 3: TECHNIQUES OF EXERCISE

PRACTICE EXAM Q#	Your Answer	Correct Answer	REFERENCES			
			Detailed Content Outline	*NSCA's Essentials of Personal Training* Text (Second Edition)	*Essentials of Personal Training Symposium* presentation title	Supplemental Articles, Question Topic(s) (QT), *Exercise Technique Manual for Resistance Training* and DVDs (ETM)
2		A	3 A3	Ch 13: P 295 (exercise)		**QT:** bent-over row, deadlift **ETM:** P 98 – 99, DVD 2; P 32 – 33, DVD 1
3		C	3 A3	Ch 13: P 319-320 (exercise)	Free Weight & Machine Exercise Techniques	**QT:** lunge **ETM:** P 41 – 44, DVD 1
4		A	3 A3	Ch 13: P 305 (exercise)		**QT:** triceps pushdown, pullover **ETM:** P 153 – 154, DVD 2; P 108 – 109, DVD 2
5		C	3 A3	Ch 13: P 287 c2p2 – P 288 c2p1, P 288 Figure 13.1, P 291 c1p1, P 304 (exercise)	Free Weight & Machine Exercise Techniques	**QT:** lying triceps extension, grips, spotting **ETM:** P 148 – 150, DVD 2
6		B	3 A	Ch 4: P 44 c1p3, P 44 Figure 4.1, P 45 Figure 4.2	Biomechanical Principles	**QT:** anatomical position, shoulder joint (muscles and movements allowed) **ETM:** P 112 – 113, DVD 2
7		C	3 A	Ch 13: P 289 c1p7 – P 290 c1p1	Free Weight & Machine Exercise Techniques	**QT:** hip sled, Valsalva maneuver **ETM:** P 34 – 35, DVD 1
8		D	3 B	Ch 4: P 53 c2p4	Biomechanical Principles	**QT:** seated triceps extension, antagonist **ETM:** P 151 – 152, DVD 2
11		B	3 B	Ch 4: P 56 c1p4; Ch 13: P 314 – 315 (exercise)	Free Weight & Machine Exercise Techniques	**QT:** low-bar back squat, hip and knee torque **ETM:** P 26 – 29, DVD 1
12		A	3 E	Ch 4: P 52 c1p2, P 55 c1p3 – P 56 c1p4; Ch 13: P 294 (exercise)		**QT:** bent knee sit-up, rectus abdominus as a 2-joint muscle
22		A	3 H	Ch 14: P 338 c1p3 – c2p1		**QT:** walking technique
23		C	3 G	Ch 17: P 418 c2p4, P 419 Figure 17.2		**QT:** body position for landing

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27		A	3 H	Ch 14: P 339 c1p4		**QT:** landing position
28		A	3 C	Ch 12: P 256 c1p4 – P 257 c1p2		**QT:** PNF hamstring stretching, isometric action, passive stretch
32		B	3 F	Ch 17: P 443 (exercise), P 444 (exercise)		**QT:** split squat jump, double-leg tuck jump
35		C	3 D	Ch 17: P 429 c1p1 – c2p2; Ch 21: P 554 c1p4 – c2p2, P 555 Figures 21.14 and 21.15	Free Weight & Machine Exercise Techniques	**QT:** stiff-leg deadlift, traditional deadlift, support phase, closed kinetic chain exercise
37		A	3 D	Ch 12: P 282 (Stability Ball Push-Up)		**QT:** stability ball push-up
38		D	3 G	Ch 14: P 334 c2p5, P 335 Figure 14.5		**QT:** seat height for stationary bike

Content Area 4: SAFETY, EMERGENCY PROCEDURES AND LEGAL ISSUES

PRACTICE EXAM Q#	Your Answer	Correct Answer	REFERENCES			
			Detailed Content Outline	*NSCA's Essentials of Personal Training* Text (Second Edition)	*Essentials of Personal Training Symposium* presentation title	Supplemental Articles, Question Topic(s) (QT), *Exercise Technique Manual for Resistance Training* and DVDs (ETM)
33		C	4 B4	*NSCA's Essentials of Personal Training* Text (First Edition) Ch 25: P 620 c2p3	Emergency and Legal Issues in Personal Training	**QT:** facility emergency plan Brass, M. et al., 2001. *Strength and conditioning standards and guidelines*. National Strength and Conditioning Association Web site.
36		A	4 B1	*NSCA's Essentials of Personal Training* Text (First Edition) Ch 25: P 620 c1p2	Emergency and Legal Issues in Personal Training	**QT:** emergency plan, facility emergency procedures Tharrett, S., and J. Peterson, eds. 1997. *ACSM's Health/Fitness Facility Standards and Guideline*, 2nd ed. Champaign, IL: Human Kinetics.
46		B	4 A2	Ch 24: P 613 c2p10		**QT:** facility design (spacing of equipment) for a home facility
47		C	4 C1	Ch 25: P 627 c1p7 – c2p2	Emergency and Legal Issues in Personal Training	**QT:** negligence, liability, act of omission

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