

**NSCA-CERTIFIED
PERSONAL TRAINER[®]
(NSCA-CPT[®])**

PRACTICE EXAM
REFERENCE UPDATE

VOLUME ONE



**Developed by
NSCA Certification**

AUGUST 2008

DIRECTIONS FOR LOCATING THE PRACTICE EXAM REFERENCES

To help you study further after completing the Practice Exam, refer to the *Index to Question References* on pages 2-5. The *Index* contains one or more reference citations for each Practice Exam question. Consult all sources listed for the most complete review of all related information.

The following product is NEW:

Exercise Technique Manual for Resistance Training and DVDs

The *Exercise Technique Manual for Resistance Training* and DVDs relate to the "Techniques of Exercise" exam questions.

If you purchased the product, load DVD 1 or DVD 2 (refer to the Index to know which DVD to load) and use your remote to move through the exercise names until you find the exercises that match those listed as the "Question Topic." As you watch a DVD, follow along with the exercise technique shown by referring to the accompanying manual.

INDEX TO QUESTION REFERENCES – VOLUME ONE

Content Area 1: CLIENT CONSULTATION & ASSESSMENT				
PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the <i>NSCA's Essentials of Personal Training</i> Text	<i>Essentials of Personal Training Symposium</i> presentation title	Supplemental Articles, Question Topic(s) (QT), <i>Exercise Technique Manual for Resistance Training</i> and DVDs (ETM)
9	1 C1	Ch 11: P 220 c1p4 – c2p1	Client Consultation and Fitness Assessment	QT: blood pressure protocol
10	1 C1	Ch 11: P 223 c2p5 – P 224 c2p3, P 225 Figure 11.2(c)	Client Consultation and Fitness Assessment	QT: skinfold measurement protocol
13	1 A3	Ch 9: P 164 c2p4	Client Consultation and Fitness Assessment	QT: informed consent form
15	1 B1	Ch 9: P 163 c2p5 – P 164 c1p6	Client Consultation and Fitness Assessment	QT: PAR-Q, pre-screening form, health appraisal
18	1 B2	Ch 9: P 166 Table 9.1, P 171 c2p2, P 172 Table 9.2, P 173 Table 9.3, P 173 c1p1 – P 174 c1p8	Client Consultation and Fitness Assessment	QT: medical exam criteria, coronary heart disease risk factors, risk stratification
22	1 C2	Ch 11: P 233 Example 11.7 (protocol), P 241 Table 11.7, P 249 Table 11.17, P 255 Table 11.25, P 257 Table 11.28	Client Consultation and Fitness Assessment	QT: protocols and norms for the listed fitness tests
24	1 B3	Ch 19: P 504 c2p3 – P 506 c1p1		QT: female athlete triad
29	1 C1	Ch 11: P 234 c2p5	Client Consultation and Fitness Assessment	QT: muscular strength (absolute and relative)
31	1 D2	Ch 7: P 123 c2p2 – P 124 c1p2, P 123 Figure 7.1, P 128 c2p4	Nutrition and Weight Management Issues	QT: hypoglycemia, insulin reaction to simple sugar ingestion
33	1 A2	Ch 9: P 163 c2p4	Client Consultation and Fitness Assessment	QT: client-personal trainer agreement
45	1 D5	Ch 19: P 503 c2p2 – P 504 c2p2, P 504 Table 19.7, P 505 Table 19.8	Nutrition and Weight Management Issues	QT: signs of anorexia and bulimia

Content Area 2: PROGRAM PLANNING

PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the <i>NSCA's Essentials of Personal Training</i> Text	<i>Essentials of Personal Training Symposium</i> presentation title	Supplemental Articles, Question Topic(s) (QT), <i>Exercise Technique Manual for Resistance Training</i> and DVDs (ETM)
8	2 B1	Ch 13: P 312 (exercise); Ch 23: P 581 Table 23.1	Weight Training Exercise Prescription	QT: seated triceps extension ETM: P 151 – 152, DVD 2
11	2 B3	Ch 15: P 368 c2p3, P 369 c1p4 (box)	Weight Training Exercise Prescription	QT: weight training exercise arrangement (push-pull)
12	2 B1	Ch 1: P 4 c1p4; Ch 12: P 286 (exercise); Ch 13: P 302 (bottom) (exercise)	Biomechanical Concepts; Weight Training Exercise Prescription	QT: antagonist
14	2 A4	Ch 8: P 150 c2p2		QT: reinforcement techniques
16	2 C2	Ch 6: P 103 c2p4 – P 106 c2p1	Anaerobic and Aerobic Training Adaptations	QT: cardiovascular adaptations to aerobic exercise
17	2 A1	Ch 15: P 371 Table 15.3	Weight Training Exercise Prescription	QT: resistance training goals
19	2 D2	Ch 21: P 547 c1p3, P 550 Table 21.5		QT: anterior knee pain, quarter squat, closed kinetic chain exercise
23	2 C1	Ch 15: P 380 c1p5 – P 381 c1p1, P 380 Table 15.8, P 381 Table 15.9	Weight Training Exercise Prescription	QT: program design: strength, hypertrophy, power, and muscular endurance goals
25	2 B7	Ch 15: P 383 c2p1 – P 384 c2p1, P 383 Table 15.10, P 384 (box)	Weight Training Exercise Prescription	QT: 2-for-2 rule, exercise progression
30	2 B1	Ch 1: P 16 c1p2; Ch 5: P 89 c1p3 – c2p2	Training Special Populations, Part 1	QT: bone adaptation to exercise, axial loading
35	2 A1	Ch 11: P 246 Table 11.14, P 259 Table 11.30, P 260 Table 11.31	Client Consultation and Fitness Assessment	QT: norms for fitness tests
36	2C 2b	Ch 6: P 102 c2p2 – P 106 c2p1; P 109 c2p3 – P 110 c2p3; P 111 c1p4 – P 112 c1p5; Ch 8: P 142 c1p4 – P 143 c2p3	Anaerobic and Aerobic Training Adaptations	QT: aerobic training adaptation
37	2 D1	Ch 19: P 513 c1p2, P 514 c2p2	Training Special Populations, Part 2	QT: exercise guidelines for Type 1 diabetes, hypoglycemia

38	2 C1		Nutrition and Weight Management Issues	Reimers, K. "Body Composition Calculations" QT: fat-free weight, lean body mass, fat weight
40	2 B4	Ch 15: P 370 c2p5 – P 371 c2p4, P 371 Table 15.3, P 373 Table 15.4	Weight Training Exercise Prescription	QT: weight training load assignment, %1RM-repetition relationship
42	2 D2	Ch 18: P 463 c2p2-3	Training Special Populations, Part 1	ACOG "Exercise - Pregnancy and Postpartum" QT: posture contraindications after third month, supine hypotensive syndrome

Content Area 3: TECHNIQUES OF EXERCISE

PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the NSCA's <i>Essentials of Personal Training</i> Text	<i>Essentials of Personal Training Symposium</i> presentation title	Supplemental Articles, Question Topic(s) (QT), <i>Exercise Technique Manual for Resistance Training</i> and DVDs (ETM)
1	3 C	Ch 11: P 237 c2p7 – P 238 c2p1, P 238 Figure 11.8	Client Consultation and Fitness Assessment	QT: sit-and-reach flexibility test protocol
2	3 B	Ch 4: P 76 Figure 4.12; Ch 13: P 303 (exercise)	Biomechanical Concepts	QT: bent-over row, shoulder joint (muscles and movements allowed), anatomical planes ETM: P 98 – 99, DVD 2
3	3 B	Ch 13: P 324 (exercise); Ch 21: P 546 c2p2, P 549 c1p4 – c2p1	Free Weight & Machine Exercise Techniques	QT: lunge, hip/thigh muscles, hip/knee joint anatomy ETM: P 41 – 44, DVD 1
4	3 A	Ch 13: P 311 (exercise)		QT: triceps pushdown ETM: P 153 – 154, DVD 2
5	3 B	Ch 13: P 296 c1p3 – c2p1, P 296 Figure 13.1, P 299 c2p2, P 310 (exercise)	Free Weight & Machine Exercise Techniques	QT: lying triceps extension, grip types ETM: P 148 – 150, DVD 2
6	3 A	Ch 13: P 328 (top) (exercise)		QT: machine shoulder press ETM: P 112 – 113, DVD 2
7	3 A	Ch 1: P 4 c2p2; Ch 13: P 319 (exercise)	Free Weight & Machine Exercise Techniques	QT: hip sled, hip/thigh muscles, muscle actions ETM: P 36 – 37, DVD 1
20	3 G	Ch 14: P 338 c2p5 – P 340 c2p2		QT: body position during stair climbing
26	3 D	Ch 13: P 324 – 325 (exercise)	Free Weight & Machine Exercise Techniques	QT: concentric and eccentric muscle actions of the hip flexors and extensors

27	3 F	Ch 17: P 432 c2p3 – P 433 c1p2, P 432 Table 17.2, P 433 Table 17.3		QT: plyometric intensity classifications
32	3 D	Ch 12: P 276 (box)		QT: proper sizing of a stability ball
34	3 F	Ch 17: P 428 c1p2 – c2p2, P 450 (exercise)		QT: amortization, stretch-shortening cycle, eccentric phase
44	3 H	Ch 14: P 348 c1p5 – P 350 c1p1		QT: running posture and technique
47	3 H	Ch 14: P 344 c2p4 – P 346 c2p1, P 346 Figure 14.9	Aerobic Exercise Prescription	QT: aerobic exercise modes

Content Area 4: SAFETY, EMERGENCY PROCEDURES AND LEGAL ISSUES

PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the <i>NSCA's Essentials of Personal Training</i> Text	<i>Essentials of Personal Training Symposium</i> presentation title	Supplemental Articles, Question Topic(s) (QT), <i>Exercise Technique Manual for Resistance Training</i> and DVDs (ETM)
21	4 C1	Ch 24: P 597 c2p1, P 597 c2p4 – P 598 c1p1; Ch 25: P 618 c1p7 – P 619 c2p2	Emergency and Legal Issues in Personal Training	QT: negligence, liability, acts of commission and omission, scope of practice, equipment and facility safety
28	4 A3	Ch 5: P 93 c1p3 – c2p3, P 94 (box); Ch 6: P 115 c1p4 – P 116 c1p1, P 115 (box)	Anaerobic and Aerobic Training Adaptations	QT: signs and symptoms of overtraining
39	4 B1	Ch 21: P 534 c2p2		QT: injury management
41	4 C1	Ch 25: P 618 c1p7 – P 619 c2p2	Emergency and Legal Issues in Personal Training	QT: injury liabilities
43	4 B4	Ch 25: P 619 c2p3 – P 620 c1p2	Emergency and Legal Issues in Personal Training	QT: emergency plan
46	4 A1	Ch 24: P 600 c1p5		QT: facility design (spacing of mirrors and equipment)