

**NSCA-CERTIFIED  
PERSONAL TRAINER<sup>®</sup>  
(NSCA-CPT<sup>®</sup>)**

**PRACTICE EXAM**  
***REFERENCE UPDATE***

**VOLUME TWO**



**Developed by  
NSCA Certification**

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## ***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 TWO**

<b>Content Area 1: CLIENT CONSULTATION &amp; ASSESSMENT</b>				
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)
1	1 C1	Ch 11: P 237 c2p8 – P 238 c2p1, P 238 Figure 11.8	Client Consultation and Fitness Assessment	QT: sit-and-reach flexibility test protocol
9	1 C1	Ch 11: P 220 c1p4 – P 221 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
14	1 A2	Ch 9: P 163 c1p2	Client Consultation and Fitness Assessment	QT: initial consultation, PAR-Q, medical history
15	1 B	Ch 9: P 163 c2p5 – P 164 c1p2	Client Consultation and Fitness Assessment	QT: medical history form
16	1 D2	Ch 7: P 132 c2p3	Nutrition and Weight Management Issues	QT: dehydration, fluid replenishment
40	1 C2		Nutrition and Weight Management Issues	Reimers, K. "Body Composition Calculations" QT: fat-free weight, lean body mass, fat weight
41	1 B3	Ch 9: P 166 Table 9.1, P 172 Table 9.2	Client Consultation and Fitness Assessment	QT: physician referral
42	1 D4-5	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
44	1 D2	Ch 7: P 130 (box)	Nutrition and Weight Management Issues	QT: number of kilocalories per gram of protein, carbohydrate, and fat
45	1 B2	Ch 9: P 165 c1p4 – P 168 c1p1, P 166 Table 9.1, P 171 c2p2, P 172 Table 9.2	Client Consultation and Fitness Assessment	QT: coronary heart disease risk factors, risk stratification

## 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)
13	2 C2	Ch 2: P 25 c2p1	Client Consultation and Fitness Assessment	QT: blood pressure, systole, diastole
17	2 A3	Ch 8: P 150 c2p1	Client Consultation and Fitness Assessment	QT: goal setting, positive reinforcement
18	2 B3	Ch 3: P 46 c1p1	Aerobic Exercise Prescription	QT: relationship between exercise intensity and exercise duration, energy systems
19	2 B1	Ch 21: P 547 c2p4	Biomechanical Principles	QT: open and closed kinetic chain exercises
20	2 C2	Ch 4: P 61 c1p4 – c2p1; Ch 5: P 87 c1p2	Anaerobic and Aerobic Training Adaptations	QT: neuromuscular adaptations to resistance training, neural factors
21	2 D1		Training Special Populations, Part 1	Faigenbaum, A. "Youth Resistance Training" QT: Tanner scale, prepubescent training
24	2 B5	Ch 15: P 367 c2p3	Weight Training Exercise Prescription	QT: weight training exercise frequency, program design variables, split routine
25	2 C2	Ch 5: P 85 c2p3 – P 91 c2p2; Ch 6: P 106 c2p2 – P 109 c1p1	Anaerobic and Aerobic Training Adaptations	QT: chronic adaptations to aerobic exercise and resistance training
26	2 B4	Ch 16: P 407 Figure 16.3	Aerobic Exercise Prescription	QT: rate of perceived exertion (RPE)
29	2 D3	Ch 19: P 499 c1p2 – c2p1	Training Special Populations, Part 2	QT: anterior pelvic tilt, low back pain
30	2 B1	Ch 21: P 551 c2p4	Training Special Populations, Part 2	QT: exercise limitations of arthritis
31	2 D1		Training Special Populations, Part 1	ACOG "Exercise - Pregnancy and Postpartum" QT: physiological changes due to pregnancy
34	2 D2	Ch 10: P 205 c1p2; Ch 18: P 471 (box)	Training Special Populations, Part 1	QT: balance training for the elderly

39	2 A1	Ch 11: P 249 Table 11.7, P 255 Table 11.25, P 256 Table 11.26, P 258 Table 11.29	Client Consultation and Fitness Assessment	QT: norms for fitness tests
43	2 A1	Ch 6: P 116 c1p1	Anaerobic and Aerobic Training Adaptations	QT: goal setting; overtraining

### Content Area 3: TECHNIQUES OF EXERCISE

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)
2	3 A3	Ch 13: P 303 (exercise)		QT: bent-over row, deadlift ETM: P 98 – 99, DVD 2; P 32 – 33, DVD 1
3	3 A3	Ch 13: P 324 (exercise)	Free Weight & Machine Exercise Techniques	QT: lunge ETM: P 41 – 44, DVD 1
4	3 A3	Ch 13: P 311 (exercise)		QT: triceps pushdown, pullover ETM: P 153 – 154, DVD 2; P 108 – 109, DVD 2
5	3 A3	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, grips, spotting ETM: P 148 – 150, DVD 2
6	3 A	Ch 4: P 55 c2p3, P 56 Figure 4.5, P 76 Figure 4.12	Biomechanical Principles	QT: anatomical position, shoulder joint (muscles and movements allowed) ETM: P 112 – 113, DVD 2
7	3 A	Ch 13: P 297 c2p6 – P 298 c2p2	Free Weight & Machine Exercise Techniques	QT: hip sled, Valsalva maneuver ETM: P 34 – 35, DVD 1
8	3 B	Ch 1: P 4 c1p7	Biomechanical Principles	QT: seated triceps extension, antagonist ETM: P 151 – 152, DVD 2
11	3 B	Ch 4: P 64 c1p4 – c2p1; Ch 13: P 320 – 321 (exercise)	Free Weight & Machine Exercise Techniques	QT: low-bar back squat, hip and knee torque ETM: P 26 – 29, DVD 1
12	3 E	Ch 4: P 59 c2p4, P 62 c2p1 – P 64 c2p1; Ch 13: P 302 (exercise)		QT: bent knee sit-up, rectus abdominus as a 2-joint muscle
22	3 H	Ch 14: P 346 c2p3 – P 347 c1p3, P 348 (box)		QT: walking technique

23	3 G	Ch 17: P 435 c2p1, P 436 Figure 17.2		QT: body position for landing
27	3 H	Ch 14: P 348 c2p4 – P 349 c1p2		QT: landing position
28	3 C	Ch 12: P 274 c2p1 – P 275 c1p2		QT: PNF hamstring stretching, isometric action, passive stretch
32	3 F	Ch 17: P 445 (top and bottom) (exercise)		QT: split squat jump, double-leg tuck jump
35	3 D	Ch 17: P 440 c1p2; Ch 21: P 547 c2p4, P 548 Figures 21.11 and 21.12	Free Weight & Machine Exercise Techniques	QT: stiff-leg deadlift, traditional deadlift, support phase, closed kinetic chain exercise
37	3 D	Ch 12: P 291 (exercise)		QT: stability ball push-up
38	3 G	Ch 14: P 341 c2p4 – P 342 c1p1, P 342 Figure 14.5		QT: seat height for stationary bike

#### 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)
33	4 B4	Ch 25: P 620 c2p3	Emergency and Legal Issues in Personal Training	QT: facility emergency plan
36	4 B1	Ch 25: P 620 c1p2	Emergency and Legal Issues in Personal Training	QT: emergency plan, facility emergency procedures
46	4 A2	Ch 24: P 598 c2p1		QT: facility design (spacing of equipment) for a home facility
47	4 C1	Ch 25: P 617 c2p5 – P 618 c1p6, P 618 (box)	Emergency and Legal Issues in Personal Training	QT: negligence, liability, act of omission