

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

PRACTICE EXAM
REFERENCE UPDATE

VOLUME THREE



**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 2-6. 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 THREE

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)
1	1 C1	Ch 11: P 237 c2p8 - P 238 c2p1, P 238 Figure 11.8 (protocol)	Client Consultation and Fitness Assessment	QT: sit-and-reach flexibility test protocol
9	1 C1	Ch 11: P 219 c1p4 - P 221 c2p1 (protocol)	Client Consultation and Fitness Assessment	QT: blood pressure protocol
10	1 C1	Ch 11: P 223 c2p1 - P 224 c2p6, P 225 Figure 11.2(c)	Client Consultation and Fitness Assessment	QT: skinfold measurement protocol
13	2 A1	Ch 7: P 122 c1p3	Client Consultation and Fitness Assessment; Nutrition and Weight Management Issues	QT: nutrition assessment, scope of practice
18	1 A1	Ch 9: P 163 c1p2	Client Consultation and Fitness Assessment	QT: initial interview tasks
23	1 A1	Ch 9: P 163 c1p4	Client Consultation and Fitness Assessment	QT: client-personal trainer compatibility
35	1 B2	Ch 11: P 240 Table 11.4; Ch 20: P 521 Table 20.1	Client Consultation and Fitness Assessment; Training Special Populations, Part 2	QT: hypertension, blood pressure stages
37	1 B3	Ch 18: P 466 c1p1-2	Client Consultation and Fitness Assessment; Training Special Populations, Part 1	QT: medical release for diabetes and pregnancy
40	1 D2	Ch 7: P 126 c2p2-4, P 130 (top box)	Nutrition and Weight Management Issues	QT: REE, energy requirements, grams-to-kcals conversions

41	1 C2	Ch 11: P 246 Table 11.14	Client Consultation and Fitness Assessment	QT: % BF norms based on age and gender
42	1 D2	Ch 7: P 128 c1p2 - c2p2, P 129 c1p3 - c2p6	Nutrition and Weight Management Issues	QT: nutrient requirements

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)
3	2 B4	Ch 13: P 324 - 325 (exercise)	Free Weight & Machine Exercise Techniques	QT: lunge ETM: P 41 - 44, DVD 1
5	2 C2	Ch 5: P 85 c2p4, P 86 - 87 Table 5.2, P 87 c1p1 - P 88 c1p2	Anaerobic and Aerobic Training Adaptations	QT: neurological adaptations to resistance training ETM: P 148 - 150, DVD 2
6	2 B3	Ch 15: P 368 c2p3, P 369	Weight Training Exercise Prescription	QT: push-pull exercise order ETM: P 112 - 113, DVD 2
7	2 B4	Ch 4: P 66 c1p4 (a comparable - but opposite - discussion using the low-bar back squat exercise)	Free Weight & Machine Exercise Techniques	QT: hip sled ETM: P 34 - 35, DVD 1
8	2 B1	Ch 15: P 362 c1p3-4	Weight Training Exercise Prescription	QT: seated triceps extension, specificity, exercise selection ETM: P 151 - 152, DVD 2
11	2 C2	Ch 4: P 66 c1p4; Ch 13: P 320 - 321 (exercise)	Anaerobic and Aerobic Training Adaptations	QT: low-bar back squat exercise
12	2 D2	Ch 18: P 463 c2p2-3, P 463 Figure 18.1, P 464 Figures 18.2 and 18.3	Training Special Populations, Part 1	ACOG "Exercise - Pregnancy and Postpartum" QT: supine hypotensive syndrome
14	2 B4	Ch 23: P 583 c2p3 - P 585 c2p1, P 585 Table 23.4	Weight Training Exercise Prescription	QT: undulating, nonlinear periodization
15	2 A4	Ch 8: P 150 c2p2		QT: reinforcement techniques

17	2 A2	Ch 19: P 512 c1p2 - c1p5	Training Special Populations, Part 1	QT: metabolic syndrome
19	2 B4	Ch 15: P 371 Table 15.3, P 378 Table 15.6, P 381 Table 15.9; Ch 23: P 583 Table 23.2	Weight Training Exercise Prescription	QT: program design for hypertrophy
25	2 C2	Ch 5: P 83 Table 5.1	Anaerobic and Aerobic Training Adaptations	QT: acute muscle fiber response to resistance exercise
31	2 D1	Ch 18: P 466 c1p11 - c1p20	Training Special Populations, Part 1	ACOG "Exercise - Pregnancy and Postpartum" QT: exercise guidelines for pregnant clients
36	2 D2	Ch 19: P 513 Table 19.13, P 514 c2p2	Training Special Populations, Part 2	QT: diabetes--contraindications for exercise
38	2 B1	Ch 18: P 466 c2p5	Training Special Populations, Part 1	ACOG "Exercise - Pregnancy and Postpartum" QT: pregnancy exercise guidelines
39	2 A1	Ch 8: P 147 c1p2 - c2p3	Client Consultation and Fitness Assessment	QT: types of goals

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 B	Ch 13: P 303 (exercise)	Free Weight & Machine Exercise Techniques	QT: bent-over row ETM: P 98 - 99, DVD 2
16	3 A	Ch 13: P 319 (exercise)	Free Weight & Machine Exercise Techniques	QT: leg press ETM: P 36 - 37, DVD 1
20	3 B	Ch 13: P 303 (exercise)	Free Weight & Machine Exercise Techniques	QT: bent-over row ETM: P 98 - 99, DVD 2
21	3 C	Ch 12: P 280 (exercise)		QT: knee-to-chest stretch
22	3 D	Ch 12: P 289 (exercise)		QT: stability ball back hyperextension

26	3 B	Ch 13: P 314 (exercise)	Free Weight & Machine Exercise Techniques	QT: free weight bench press ETM: P 66 - 68, DVD 2
27	3 H	Ch 14: P 347 c2p2 - P 348 c1p4, P 348 (box)		QT: racewalking
30	3 G	Ch 14: P 339 c1p2 - P 340 c1p2		QT: stair climbing, postural alignment
32	3 F	Ch 17: P 432 c1p1, Table 17.2, P 450 (exercise)		QT: plyometric exercise intensity classifications
34	3 D	Ch 4: P 55 c2p3, P 56 Figure 4.5, P 76 - 77 Figure 4.12; Ch 15: P 362 c1p3-4	Free Weight & Machine Exercise Techniques	QT: multi-joint exercises, functional training for speed, anatomical planes, specificity
43	3 A	Ch 13: P 304 (exercise)		QT: lat pulldown ETM: P 96 - 97, DVD 2
44	3 H	Ch 14: P 350 c2p2		QT: freestyle swimming technique
45	3 D	Ch 12: P 288 procedure		QT: stability ball crunch
46	3 E	Ch 12: P 287 (exercise)		QT: push-up

Content Area 4: SAFETY, EMERGENCY PROCEDURES AND LEGAL ISSUES

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)
4	4 A2	Ch 24: P 598 c1p8 - c2p1		QT: home facility equipment spacing
24	4 C1	Ch 25: P 617 c1p3	Emergency and Legal Issues in Personal Training	QT: scope of practice, legal liability
28	4 C3	Ch 25: P 623 c2p4	Client Consultation and Fitness Assessment	QT: personal trainer-client confidentiality
29	4 B2	Ch 25: P 621 c1p3	Training Special Populations, Part 2; Emergency and Legal Issues in Personal Training	QT: emergency plan, MI, SCA

33	4 A2	Ch 24: P 594 c2p4-6, P 595 - 596 Table 24.1		QT: facility layout
47	4 B	Ch 25: P 620 c2p3	Emergency and Legal Issues in Personal Training	QT: facility emergency plan