

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

**PRACTICE EXAM
*REFERENCE UPDATE***

VOLUME THREE



**Developed by the
NSCA[®]**

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Index to question references – NSCA-CPT VOLUME THREE

Content Area 1: CLIENT CONSULTATION & ASSESSMENT						
PRACTICE EXAM Q#	Your Answer	Correct Answer	REFERENCES			
			Detailed Content Outline	<i>NSCA's Essentials of Personal Training</i> Text (Second Edition)	<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		D	1 C1	Ch 11: P 230 Figure 11.9 (protocol)	Client Consultation and Fitness Assessment	QT: sit-and-reach flexibility test protocol
9		C	1 C1	Ch 11: P 205 p4 - P 207 (protocol)	Client Consultation and Fitness Assessment	QT: blood pressure protocol
10		B	1 C1	Ch 11: P 211 p1 - P 213 p9, P 212 Figure 11.3(c)	Client Consultation and Fitness Assessment	QT: skinfold measurement protocol
13		B	2 A1	Ch 7: P 107 c1p2 – P 108 c1p2 Ch 9: P 148 c2p4	Client Consultation and Fitness Assessment; Nutrition and Weight Management Issues	QT: nutrition assessment, scope of practice
18		D	1 A1	Ch 9: P 148 cp4 - P 149 c2p1	Client Consultation and Fitness Assessment	QT: initial interview tasks
23		D	1 A1	Ch 9: P 148 c2p6	Client Consultation and Fitness Assessment	QT: client-personal trainer compatibility
35		C	1 B2	Ch 11: P 233 Table 11.2; Ch 20: P 523 Table 20.1	Client Consultation and Fitness Assessment; Training Special Populations, Part 2	QT: hypertension, blood pressure stages
37		D	1 B3	Ch 19: P 514 c1p6 – c2p3 Ch 9: P 156 c1p4 – c2p1, P 159 c1p1 – c2p2	Client Consultation and Fitness Assessment; Training Special Populations, Part 1	QT: medical release for diabetes and pregnancy
40		A	1 D2	Ch 7: P 112 c1p2 – c2p1, P 115 (top box)	Nutrition and Weight Management Issues	QT: REE, energy requirements, grams-to-kcal conversions
41		C	1 C2	Ch 11: P 238 Table 11.11	Client Consultation and Fitness Assessment	QT: % BF norms based on age and gender
42		D	1 D2	Ch 7: P 112 c2p3 – P 113 c1p2, P 114 c1p3 – c2p3	Nutrition and Weight Management Issues	QT: nutrient requirements

Content Area 2: PROGRAM PLANNING

PRACTICE EXAM Q#	Your Answer	Correct Answer	REFERENCES			
			Detailed Content Outline	<i>NSCA's Essentials of Personal Training</i> Text (Second Edition)	<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		C	2 B4	Ch 13: P 319 (exercise)	Free Weight & Machine Exercise Techniques	QT: lunge ETM: P 41 - 44, DVD 1
5		D	2 C2	Ch 5: P 75 c1p3 – P 76 c1p1 P 75 Table 5.2	Anaerobic and Aerobic Training Adaptations	QT: neurological adaptations to resistance training ETM: P 148 - 150, DVD 2
6		D	2 B3	Ch 15: P 357 c1p4 – P 356 Table 15.4	Weight Training Exercise Prescription	QT: push-pull exercise order ETM: P 112 - 113, DVD 2
7		A	2 B4	Ch 4: P 65 c1p4 (a comparable discussion using the front squat exercise)	Free Weight & Machine Exercise Techniques	QT: hip sled ETM: P 34 - 35, DVD 1
8		C	2 B1	Ch 15: P 348 c1p3-4	Weight Training Exercise Prescription	QT: seated triceps extension, specificity, exercise selection ETM: P 151 - 152, DVD 2
11		D	2 C2	Ch 4: P 65 c1p3 – c2p1; Ch 13: P 314 - 315 (exercise)	Anaerobic and Aerobic Training Adaptations	QT: low-bar back squat exercise
12		D	2 D2	Ch 18: P 478 c1p2-3, P 479 Figures 18.3, 18.4, 18.5	Training Special Populations, Part 1	ACOG "Exercise - Pregnancy and Postpartum" QT: supine hypotensive syndrome
14		D	2 B4	Ch 23: P 594 c1p6 - P 595 c1p2, Table 23.4	Weight Training Exercise Prescription	QT: undulating, nonlinear periodization
15		C	2 A4	Ch 8: P 136 c2p2		QT: reinforcement techniques
17		B	2 A2	Ch 19: P 512 c2p3 – P 513 c1p6	Training Special Populations, Part 1	QT: metabolic syndrome
19		C	2 B4	Ch 15: P 358 Table 15.5, P 368 Table 15.11, P 369 Table 15.14; Ch 23: P 592 Table 23.2	Weight Training Exercise Prescription	QT: program design for hypertrophy
25		D	2 C2	Ch 5: P 72 Table 5.1	Anaerobic and Aerobic Training Adaptations	QT: acute muscle fiber response to resistance exercise

31		B	2 D1	Ch 18: P 480 c2p9 - 18	Training Special Populations, Part 1	ACOG "Exercise - Pregnancy and Postpartum" QT: exercise guidelines for pregnant clients
36		D	2 D2	Ch 19: P 515 (top text box), P 516 c1p2	Training Special Populations, Part 2	QT: diabetes--contraindications for exercise
38		B	2 B1	Ch 18: P 481 c1p1-2	Training Special Populations, Part 1	ACOG "Exercise - Pregnancy and Postpartum" QT: pregnancy exercise guidelines
39		A	2 A1	Ch 8: P 133 c1p3 - c2p3	Client Consultation and Fitness Assessment	QT: types of goals

Content Area 3: TECHNIQUES OF EXERCISE						
PRACTICE EXAM Q#	Your Answer	Correct Answer	REFERENCES			
			Detailed Content Outline	<i>NSCA's Essentials of Personal Training</i> Text (Second Edition)	<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		B	3 B	Ch 13: P 295 (exercise)	Free Weight & Machine Exercise Techniques	QT: bent-over row ETM: P 98 - 99, DVD 2
16		C	3 A	Ch 13: P 313 (exercise)	Free Weight & Machine Exercise Techniques	QT: leg press ETM: P 36 - 37, DVD 1
20		B	3 B	Ch 13: P 395 (exercise)	Free Weight & Machine Exercise Techniques	QT: bent-over row ETM: P 98 - 99, DVD 2
21		B	3 C	Ch 12: P 269 (exercise)		QT: knee-to-chest stretch
22		A	3 D	Ch 12: P 280 (exercise)		QT: stability ball back hyperextension
26		A	3 B	Ch 13: P 308 (exercise)	Free Weight & Machine Exercise Techniques	QT: free weight bench press ETM: P 66 - 68, DVD 2
27		B	3 H	Ch 14: P 338 c2p3 - P 339 c1p1, Figure 14.9		QT: racewalking
30		D	3 G	Ch 14: P 332 c2p3 - P 333 c2p3		QT: stair climbing, postural alignment
32		A	3 F	Ch 17: P 422 c1p5, P424 Table 17.3, P 447 (exercise)		QT: plyometric exercise intensity classifications

34		D	3 D	Ch 4: P 44 c1p3, Figure 4.1, P 45 – 46 Figure 4.2; Ch 15: P 348 c1p3-4	Free Weight & Machine Exercise Techniques	QT: multi-joint exercises, functional training for speed, anatomical planes, specificity
43		C	3 A	Ch 13: P 296 (exercise)		QT: lat pulldown ETM: P 96 - 97, DVD 2
44		D	3 H	Ch 14: P 340 c2p3		QT: freestyle swimming technique
45		C	3 D	Ch 12: P 279 (exercise)		QT: stability ball crunch
46		C	3 E	Ch 12: P 277 (exercise)		QT: push-up

Content Area 4: SAFETY, EMERGENCY PROCEDURES AND LEGAL ISSUES

PRACTICE EXAM Q#	Your Answer	Correct Answer	REFERENCES			
			Detailed Content Outline	<i>NSCA's Essentials of Personal Training</i> Text (Second Edition)	<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		B	4 A2	Ch 24: P 613 c2p9 -10		QT: home facility equipment spacing
24		D	4 C1	Ch 25: P 623 c2p2 – 624 c1p2	Emergency and Legal Issues in Personal Training	QT: scope of practice, legal liability
28		C	4 C3	Ch 25: P 632 c2p3 – 633 c1p1	Client Consultation and Fitness Assessment	QT: personal trainer-client confidentiality
29		A	4 B2	<i>NSCA's Essentials of Personal Training</i> Text (First Edition) Ch 25: P 621 c1p3	Training Special Populations, Part 2; Emergency and Legal Issues in Personal Training	QT: emergency plan, MI, SCA Brass, M. et al., 2001. <i>Strength and conditioning standards and guidelines.</i> National Strength and Conditioning Association Web site.
33		A	4 A2	Ch 24: P 610 c1p5 – c2p5, P 612 Table 24.1		QT: facility layout
47		B	4 B	<i>NSCA's Essentials of Personal Training</i> Text (First Edition) Ch 25: P 620 c2p3	Emergency and Legal Issues in Personal Training	QT: facility emergency plan Brass, M. et al., 2001. <i>Strength and conditioning standards and guidelines.</i> National Strength and Conditioning Association Web site.