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

PRACTICE EXAM

REFERENCE UPDATE

VOLUME ONE

Developed by the NSCA®

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	Content Area 1: CLIENT CONSULTATION & ASSESSMENT					
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)
9		C	1 C1	Ch 11: P 260 c1p12	Client Consultation and Fitness Assessment	**QT:** blood pressure protocol
10		D	1 C1	Ch 11: P 211 c1p5	Client Consultation and Fitness Assessment	**QT:** skinfold measurement protocol
13		A	1 A3	Ch 9: P 150 c2p2	Client Consultation and Fitness Assessment	**QT:** informed consent form
15		A	1 B1	Ch 9: P 149 c2p2	Client Consultation and Fitness Assessment	**QT:** PAR-Q, pre-screening form, health appraisal
18		D	1 B2	Ch 9: P 152 Table 9.1, P 158 c2p2, P 158 Table 9.2, P 160Figure 9.1, P 159 c2p3 - P 161 c2p1	Client Consultation and Fitness Assessment	**QT:** medical exam criteria, coronary heart disease risk factors, risk stratification
22		B	1 C2	Ch 11: P 223 Example 11.7 (protocol), P 234 Table 11.5, P 239 Table 11.14, P 242 Table 11.22, P 244 Table 11.25	Client Consultation and Fitness Assessment	**QT:** protocols and norms for the listed fitness tests
24		D	1 B3	Ch 19: P 508 c1p3 – P 504 c2p2		**QT:** female athlete triad
29		C	1 C1	Ch 11: P 225 c1p13	Client Consultation and Fitness Assessment	**QT:** muscular strength (absolute and relative)
31		C	1 D2	Ch 7: P 109 c1p8, P 110 Figure 7.1, P 113 c2p2	Nutrition and Weight Management Issues	**QT:** hypoglycemia, insulin reaction to simple sugar ingestion
33		C	1 A2	Ch 9: P 149 c1p6 – c2p1	Client Consultation and Fitness Assessment	**QT:** client-personal trainer agreement
45		D	1 D5	Ch 19: P 506 c2p5– P 508 c1p1, P 507 Text Box, P 508 Box	Nutrition and Weight Management Issues	**QT:** signs of anorexia and bulimia

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Content Area 2: P R O G R A M P L A N N I N G

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)
8		B	2 B1	Ch 13: P 303 (exercise); Ch 23: P 591 Table 23.1	Weight Training Exercise Prescription	**QT:** seated triceps extension **ETM:** P 151 – 152, DVD 2
11		D	2 B3	Ch 15: P 357 c1p5, P 356 Table 15.4	Weight Training Exercise Prescription	**QT:** weight training exercise arrangement (push-pull)
12		D	2 B1	Ch 1: P 4 c1p4; Ch 12: P 276 (exercise); Ch 13: P 394 (bottom) (exercise)	Biomechanical Concepts; Weight Training Exercise Prescription	**QT:** antagonist
14		D	2 A4	Ch 8: P 136 c1p3		**QT:** reinforcement techniques
16		B	2 C2	Ch 6: P 96 c1p1 – P 98 c2p1	Anaerobic and Aerobic Training Adaptations	**QT:** cardiovascular adaptations to aerobic exercise
17		B	2 A1	Ch 15: P 358 Table 15.5	Weight Training Exercise Prescription	**QT:** resistance training goals
19		A	2 D2	Ch 21: P 555 c2p3 – 556 c1p2, P 553 Table 21.7		**QT:** anterior knee pain, quarter squat, closed kinetic chain exercise
23		B	2 C1	Ch 15: P 368 c1p2 – P 369 c2p3, P 368 Table 15.13, P 369 Table 15.14	Weight Training Exercise Prescription	**QT:** program design: strength, hypertrophy, power, and muscular endurance goals
25		B	2 B7	Ch 15: P 370 c2p2 – P 371 c2p1, P 373 c2p2 – 374 c1p2 P 375 Table 15.19, P 375 Table 15.20	Weight Training Exercise Prescription	**QT:** 2-for-2 rule, exercise progression
30		D	2 B1	Ch 1: P 14 c2p2; Ch 5: P 77 c1p3 – c2p2	Training Special Populations, Part 1	**QT:** bone adaptation to exercise, axial loading
35		B	2 A1	Ch 11: P 238 Table 11.11, P 259 Table 11.30, P 245 Table 11.27	Client Consultation and Fitness Assessment	**QT:** norms for fitness tests
36		B	2C 2b	Ch 6: P 93 c2p2 – P 97 c1p1; P 99 c2p2; P 97 c2p5 – P 98 c2p2; Ch 8: P 126 c1p2 – c2p2	Anaerobic and Aerobic Training Adaptations	**QT:** aerobic training adaptation
37		B	2 D1	Ch 19: P 514 c2p2, P 516 c1p2	Training Special Populations, Part 2	**QT:** exercise guidelines for Type 1 diabetes, hypoglycemia

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38		A	2 C1		Nutrition and Weight Management Issues	Reimers, K. "Body Composition Calculations" **QT:** fat-free weight, lean body mass, fat weight
40		C	2 B4	Ch 15: P 365 c2p2 – P 367 c1p2, P 358 Table 15.5, P 360 Table 15.6	Weight Training Exercise Prescription	**QT:** weight training load assignment, %1RM-repetition relationship
42		A	2 D2	Ch 18: P 478 c1p2-3	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#	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)
1		B	3 C	Ch 11: P 230 c1p1 – P 231 c1p3, P 231 Figure 11.10	Client Consultation and Fitness Assessment	**QT:** sit-and-reach flexibility test protocol
2		C	3 B	Ch 4: P 45 Figure 4.2; Ch 13: P 295 (exercise)	Biomechanical Concepts	**QT:** bent-over row, shoulder joint (muscles and movements allowed), anatomical planes **ETM:** P 98 – 99, DVD 2
3		B	3 B	Ch 13: P 319 (exercise); Ch 21: P 552 c1p2, P 555 c1p2	Free Weight & Machine Exercise Techniques	**QT:** lunge, hip/thigh muscles, hip/knee joint anatomy **ETM:** P 41 – 44, DVD 1
4		C	3 A	Ch 13: P 305 (exercise)		**QT:** triceps pushdown **ETM:** P 153 – 154, DVD 2
5		C	3 B	Ch 13: P 287 c2p2 – P 288 c2p1, P 288 Figure 13.1, P 299 c1p1, P 304 (exercise)	Free Weight & Machine Exercise Techniques	**QT:** lying triceps extension, grip types **ETM:** P 148 – 150, DVD 2
6		C	3 A	Ch 13: P 323 (bottom) (exercise)		**QT:** machine shoulder press **ETM:** P 112 – 113, DVD 2
7		B	3 A	Ch 1: P 8 c1p2; Ch 13: P 313 (exercise)	Free Weight & Machine Exercise Techniques	**QT:** hip sled, hip/thigh muscles, muscle actions **ETM:** P 36 – 37, DVD 1
20		B	3 G	Ch 14: P 332 c2p3– P 333 c2p4		**QT:** body position during stair climbing

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26		D	3 D	Ch 13: P 319-320 (exercise)	Free Weight & Machine Exercise Techniques	**QT:** concentric and eccentric muscle actions of the hip flexors and extensors
27		B	3 F	Ch 17: P 422 c2p3 – c2p4, P 424 Table 17.3, P 424 Table 17.5		**QT:** plyometric intensity classifications
32		A	3 D	Ch 12: P 264 (box)		**QT:** proper sizing of a stability ball
34		A	3 F	Ch 17: P 413 c1p2 – P 414 c2p1, P 447 (exercise)		**QT:** amortization, stretch-shortening cycle, eccentric phase
44		A	3 H	Ch 14: P 339 c1p2 – P 340 c1p2		**QT:** running posture and technique
47		A	3 H	Ch 14: P 337 c1p1– c1p5, P 337 Figure 14.8	Aerobic Exercise Prescription	**QT:** aerobic exercise modes

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)
21		B	4 C1	Ch 24: P 613 c1p1 – c2p8; 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 Herbert, D. 1994. Avoiding liability for independent contractors. *Exercise Standards and Malpractice Reporter* 8:33, 36-37
28		A	4 A3	Ch 5: P 81 c2p4 – P 82 c2p2, P 82 (box); Ch 6: P 101 c2p4 – P 103 c1p1, P 102 (box)	Anaerobic and Aerobic Training Adaptations	**QT:** signs and symptoms of overtraining
39		B	4 B1	Ch 21: P 538 c2p3		**QT:** injury management
41		B	4 C1	*NSCA's Essentials of Personal Training* Text (First Edition) Ch 25: P 618 c1p7 – P 619 c2p2	Emergency and Legal Issues in Personal Training	**QT:** injury liabilities Koeberle, B., and D. Hervert. 1998. *Legal Aspects of Personal Fitness Training,* 2nd ed. Canton, OH: PRC.
43		B	4 B4	*NSCA's Essentials of Personal Training* Text (First Edition) Ch 25: P 619 c2p3 – P 620 c1p2	Emergency and Legal Issues in Personal Training	**QT:** emergency plan Tharrett, S., and J. Peterson, eds. 1997. *ACSM's Health/Fitness Facility Standards and Guideline*, 2nd ed. Champaign, IL: Human Kinetics.
46		B	4 A1	Ch 24: P 606 c2p8		**QT:** facility design (spacing of mirrors and equipment)

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