

NCCPT CPT Exam part 1

Pre-activity health screen of clients, interpreting results, development of physical activity recommendations, supervision and instruction of physical activity, etc - answer Greatest legal concerns for Personal trainers

Are employers responsible for the actions of their employees? - answer Yes

T/F: You should have liability insurance if working as an independent contractor? - answer True

4 chambers of the heart - answer Right and left ventricles, Right and left atriums

3 energy systems - answer ATP/Creatine-Phosphate, Glycolysis, Aerobic Oxidation

Prime mover for bench press? - answer Pec. Major

Antagonist for bench press? - answer Rhomboids, Trapezius, Posterior Deltoids

Stabilizers for bench press? - answer Rotator Cuff

What causes post exercise soreness? - answer Microtrauma to muscle tissue

How to treat post exercise soreness? - answer PRICE, stretching, active rest and hydrate

What happens in systolic and diastolic phases of blood pressure? - answer In systolic, the pressure in ventricular contraction and diastolic is pressure in ventricular filling

Muscle fiber type that has slow shortening velocities, red, endurance, fatigue resistant, large mitochondria, high myoglobin, rich capillary supply, postural, and tonic? - answer Slow Twitch

Muscle fiber type that has high shortening velocities, fatigue quickly, large amount of actin and myosin filaments, WHITE, prime mover, phasic and easily inhibited - answer Fast Twitch

Target Heart Rate for 45 year old with a Resting Heart Rate of 60 bpm? - answer 106-135 bpm.

All or none theory? - answer Innervated myofiber contracts all the way or not at all

Nccpt Manual

Yijin Wang

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Table of Contents Nccpt Manual

1. Understanding the eBook Nccpt Manual
 - The Rise of Digital Reading Nccpt Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Nccpt Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nccpt Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nccpt Manual
 - Personalized Recommendations
 - Nccpt Manual User Reviews and Ratings
 - Nccpt Manual and Bestseller Lists
5. Accessing Nccpt Manual Free and Paid eBooks
 - Nccpt Manual Public Domain eBooks
 - Nccpt Manual eBook Subscription Services
 - Nccpt Manual Budget-Friendly Options
6. Navigating Nccpt Manual eBook Formats

- ePub, PDF, MOBI, and More
- Nccpt Manual Compatibility with Devices
- Nccpt Manual Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Nccpt Manual
- Highlighting and Note-Taking Nccpt Manual
- Interactive Elements Nccpt Manual

8. Staying Engaged with Nccpt Manual

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Nccpt Manual

9. Balancing eBooks and Physical Books Nccpt Manual

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Nccpt Manual

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Nccpt Manual

- Setting Reading Goals Nccpt Manual
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Nccpt Manual

- Fact-Checking eBook Content of Nccpt Manual
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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