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**NCCPT PRACTICE TEST ACTUAL STUDY GUIDE**  
**EXAM QUESTIONS AND ANSWERS**

when doing seated row - ANSWER elevate chest as you pull

long slender build - ANSWER ectomorph

when stretching, your muscles are protected by - ANSWER proprioceptors

cholesterol is important because - ANSWER precursor to cortisol hormone

when spotting client - ANSWER safety

triceps surae consists of - ANSWER gastrocnemius and soleus

vO2 max - ANSWER maximum oxygen consumption

biceps brachii sartorius and brachialis are examples of - ANSWER fusiform

# Nccpt Exam Study Guide

**Educational Testing Group**

## **Nccpt Exam Study Guide:**

**NSCA-CPT Exam Secrets Study Guide: NSCA-CPT Test Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam** Nsca-CPT Exam Secrets Test Prep, 2018-04-12 Mometrix Test Preparation's Secrets of the NSCA CPT Exam Study Guide is the ideal prep solution for anyone who wants to pass the NSCA Certified Personal Trainer exam. The exam is extremely challenging and thorough test preparation is essential for success. Our study guide includes Practice test questions with detailed answer explanations. Tips and strategies to help you get your best test performance. A complete review of all NSCA CPT test sections Anatomy and Kinesiology, Client Consultation and Fitness Assessment Program Planning, Techniques of Exercise Safety, Emergency Procedures and Legal Issues. NSCA CPT and NSCA Certified Personal Trainer are registered trademarks of the National Strength and Conditioning Association. Neither this publication nor the publisher have any affiliation with or any recognition, sponsorship or endorsement by the NSCA. The Mometrix guide is filled with the critical information you will need in order to do well on your NSCA CPT test. The concepts, procedures, principles and vocabulary that the National Strength and Conditioning Association expects you to have mastered before sitting for your exam. Any test prep guide is only as good as its practice questions and answer explanations and that's another area where our guide stands out. The Mometrix test prep team has provided plenty of NSCA CPT practice test questions to prepare you for what to expect on the actual exam. Each answer is explained in depth in order to make the principles and reasoning behind it crystal clear. We've helped thousands of people pass standardized tests and achieve their education and career goals. We've done this by setting high standards for Mometrix Test Preparation guides and our Secrets of the NSCA CPT Exam Study Guide is no exception. It's an excellent investment in your future. Get the NSCA CPT review you need to be successful on your exam. [Secrets of the NSCA-CPT Exam Secrets Study Guide](#) Mometrix Exam Secrets Test Prep Team, 2021

**NASM CPT Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine** Jenny Schaefer, 2021-04-30 If you want to pass the NASM Exam but don't have a lot of time for studying, keep reading. You are no doubt a busy professional with a lot of things going on. It can be challenging to find the time to read and study for the NASM CPT Exam. However, the truth is that the NASM exam is a challenging exam. It is normal to have some anxiety about taking this test. Thorough preparation cannot be overlooked. That is why the author, Jenny Schaefer, developed the NASM CPT Study Guide. This Edition is a PRACTICE QUESTIONS EDITION. It comes in text format so that you can bring it anywhere. It's sections include Introduction, Basic and Applied Sciences and Nutritional Concepts, Assessment Program Design, Exercise Techniques and Training Instruction, Professional Development and Responsibility, Client Relations and Behavioral Coaching, Randomized Practice Questions and Answers, MUCH MUCH MORE. Each section is divided into subsections, making sure all aspects of the exam are covered. If you read our study guide in addition to pursuing other study methods, we are confident you will pass the NASM CPT Exam. [\*\*Nsca-Cpt Personal Trainer Exam\*\*](#)

Educational Testing Group, 2018-10-19 This practice test includes 100 questions about NSCA CPT Certified Personal Trainer Exam. The test has been carefully developed to assist you to pass your actual test. It will help you prepare for and pass your exam on the first attempt but it does not include any study guide. The book focuses only on carefully selected practice questions. Three main topics ADMINISTRATION and ROUTINES are covered in this test. ADMINISTRATION questions focus on 9642 Safety Emergency Procedures and Legal Issues. 9642 Safety Emergency Program Planning. ROUTINES questions focus on 9642 Techniques of Exercise. 9642 Client Consultation and Assessments. **Secrets of the NCSF-CPT Exam**

**Study Guide** Ncsf Exam Secrets Test Prep, 2018-04-12 Includes Practice Test Questions. Secrets of the NCSF CPT Exam helps you ace the National Council on Strength and Fitness Personal Trainer Exam without weeks and months of endless studying. Our comprehensive Secrets of the NCSF CPT Exam study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. Secrets of the NCSF CPT Exam includes: The 5 Secret Keys to NCSF CPT Exam Success. Time is Your Greatest Enemy. Guessing is Not Guesswork. Practice Smarter. Not Harder. Prepare. Don't Procrastinate. Test Yourself. A comprehensive General Strategy review including: Make Predictions. Answer the Question. Benchmark Valid Information. Avoid Fact Traps. Milk the Question. The Trap of Familiarity. Eliminate Answers. Tough Questions. Brainstorm. Read Carefully. Face Value. Prefixes. Hedge Phrases. Switchback Words. New Information. Time Management. Contextual Clues. Don't Panic. Pace Yourself. Answer Selection. Check Your Work. Beware of Directly Quoted Answers. Slang. Extreme Statements. Answer Choice Families. A comprehensive review including: NCSF CPT Content. NCSF CPT Testing. Cost. Exercise Terminology. BMI. Males vs Females. Respiratory Review. MET Review. Circulatory System. Course of Circulation. The Heart. Cardiovascular Conditions. Rating of Perceived Exertion Scale. Major Hormones. Nutrition Review. LDH vs HDL. Anorexia vs Bulimia. Axial Skeleton. Appendicular Skeleton. Muscular System. Contraction Types of Muscle Fibers. Circuit Training. Detraining. Fluid Intake Recommendations. Periodization. Stretching Exercises. Heart Rate. Strength and Safety Guidelines. Order of Exercises. Injury Review. Exercises. Breathing Review. Determining 1 Rep Max and much more.

*NASM CPT Audio Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine* Jenny Schaefer, 2021-05-03 If you want to pass the NASM Exam but don't have a lot of time for studying keep reading. You are no doubt a busy professional with a lot of things going on. It can be challenging to find the time to read and study for the NASM CPT Exam. However the truth is that the NASM exam is a challenging exam. It is normal to have some anxiety about taking this test. Thorough preparation cannot be overlooked. That is why the author Jenny Schaefer developed the NASM CPT Study Guide. This Edition is a PRACTICE QUESTIONS EDITION. It comes in text audio format so that you can listen to it wherever life takes you. It's sections include: Introduction. Basic and Applied Sciences and Nutritional Concepts. Assessment. Program Design. Exercise Techniques and Training. Instruction. Professional Development.

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**NASM Certified Personal Trainer Exam Prep** C. P. T. Exam Prep Team, 2017-04-04 A concise study guide that highlights the information required to pass the National Academy of Sports Medicine NASM CPT Exam to become a certified personal trainer The content in this study guide is presented in an easy to read format that helps to comprehend retain the information This study guide is organized in the following six performance domains Domain 1 Basic and Applied Sciences and Nutritional Concepts 17% Domain 2 Assessment 18% Domain 3 Program Design 21% Domain 4 Exercise Technique and Training Instruction 22% Domain 5 Client Relations and Behavioral Coaching 12% Domain 6 Professional Development and Responsibility 10% Includes quick reference pages for Areas of Focus Formulas Conversions that are required for exam Includes 50 practice questions to further enhance knowledge and to have an idea of what the actual test will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes detailed descriptions of Assessments Nervous Muscular Skeletal Systems Nutrition Term definitions Training Modalities more

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