

# NCSF Exam

Sugar - answer What is the only fuel source that can be used during anaerobic metabolism?

Carbohydrates, lipids (fats) - answer \_\_\_\_\_ serve as the primary fuel for exercise, while \_\_\_\_\_ are primarily used during rest and low-intensity physical activity.

Aerobic metabolism can occur using what fuel sources? - answer Carbohydrates, fats, protein and various associated substrates

What is the primary fuel source during 1) a vertical jump, 2) a 3RM deadlift, and 3) a 10-second sprint? - answer 1) stored ATP, 2-3) stored creatine phosphate

What are the primary storage sites for glycogen within the body? - answer Skeletal muscle (~400g) and the liver (~95g)

How much rest is needed to fully recover from an exercise that significantly drains creatine phosphate stores within a muscle? - answer 2-5 minutes

As a client increases their VO<sub>2</sub>max, he or she will have a lower \_\_\_\_\_ during any sub-maximal exercise intensity; this is mainly attributed to an increase in \_\_\_\_\_. - answer Heart rate, stroke volume

Cardiac output is a product of: - answer Stroke volume x heart rate

Cellular metabolism using oxygen and various substrates for fuel occurs in the: - answer Mitochondria

What muscle fiber type has the lowest capacity to produce force? - answer Type I (slow-twitch oxidative)

Slow oxidative muscle fibers have the smallest relative \_\_\_\_\_ and are primarily fueled via \_\_\_\_\_ metabolism. - answer Diameter, aerobic

Following high-intensity exercise, a client may continue to burn additional calories for a number of hours due to a phenomenon known as: - answer Excess post-exercise oxygen consumption (EPOC)

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**M Mosston**

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## **Table of Contents Ncsf Lab Manual Example Answers**

1. Understanding the eBook Ncsf Lab Manual Example Answers
  - The Rise of Digital Reading Ncsf Lab Manual Example Answers
  - Advantages of eBooks Over Traditional Books
2. Identifying Ncsf Lab Manual Example Answers
  - 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 Ncsf Lab Manual Example Answers
  - User-Friendly Interface
4. Exploring eBook Recommendations from Ncsf Lab Manual Example Answers
  - Personalized Recommendations
  - Ncsf Lab Manual Example Answers User Reviews and Ratings
  - Ncsf Lab Manual Example Answers and Bestseller Lists

5. Accessing Ncsf Lab Manual Example Answers Free and Paid eBooks
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  - Highlighting and Note-Taking Ncsf Lab Manual Example Answers
  - Interactive Elements Ncsf Lab Manual Example Answers
8. Staying Engaged with Ncsf Lab Manual Example Answers
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Ncsf Lab Manual Example Answers
9. Balancing eBooks and Physical Books Ncsf Lab Manual Example Answers
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Ncsf Lab Manual Example Answers
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Ncsf Lab Manual Example Answers
  - Setting Reading Goals Ncsf Lab Manual Example Answers
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Ncsf Lab Manual Example Answers
  - Fact-Checking eBook Content of Ncsf Lab Manual Example Answers
  - 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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