

**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 Study Guide Answers

**David Kirk**

## Nccpt Study Guide Answers:

**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.

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