

NSCA-CPT Practice Test

1. Which key movement would best help a client improve his or her functional rotational movement?

- a. Unilateral rows
- b. Hay balers
- c. Thoracic matrix
- d. Bilateral presses

2. Which of the following is NOT one of the four parts of every successful resistance training program?

- a. Periodization
- b. Overload
- c. Variation
- d. Specification

3. When using the rowing machine, which best describes the “catch” position?

- a. Legs extended, shoulders back, elbows flexed, handle pulled into the abdomen, and slight backward lean in the torso
- b. Legs slightly bent, slight backward lean in the torso, and arms extended
- c. Legs extended, arms extended, and a slight backward lean in the torso
- d. Legs bent, slight forward lean in the torso, and arms fully extended

4. Which of the following is NOT true in regard to static stretching?

- a. Clients are least flexible in the morning.
- b. Small muscle groups should be stretched first.
- c. Stretching should be preceded with a warm-up intense enough to produce a light sweat.
- d. Stretching should be done at least three times per week.

5. How many kcals are in 1 gram of carbohydrates?

- a. 9
- b. 7
- c. 5
- d. 4

6. Applying a certain amount of effort during a workout, having a positive attitude, and improving exercise form are all example of which kind of goals?

- a. Process goals
- b. Outcome goals
- c. Performance goals
- d. Self-efficacy goals

7. What is the recommended load (% of one repetition maximum [1RM]) of an intermediate-level exerciser whose resistance training goal is muscular strength?

- a. 30–60
- b. ≥ 80
- c. ≤ 75
- d. ≥ 70

8. Which muscle is stretched by turning the head to look left and turning the head to look right?

- a. Piriformis
- b. Splenae
- c. Suboccipitals
- d. Sternocleidomastoid

9. A client who is incorrectly performing a resistance training movement would likely benefit most from which cues to correct form?

- a. Imagery, affirmational, and visual
- b. Alignment, safety, and tactile
- c. Visual, wrong/right, and tactile
- d. Breathing, visual, and motivational

10. Which is the federal law that protects the privacy of student education records?

- a. USDHHS
- b. FERPA
- c. HIPAA
- d. USDoE

11. What is the average amount of hip flexion required to perform a correct squatting motion?

- a. 95 percent
- b. 135 percent
- c. 95 degrees
- d. 135 degrees

12. Which of the following are NOT increased as a chronic adaptation to aerobic exercise?

- a. Glycogen stores
- b. Blood volume
- c. Ventilatory muscle endurance
- d. Fat-free mass

13. Water makes up roughly what percent of the body's mass?

- a. 50%
- b. 60%
- c. 70%
- d. 80%

14. What is the appropriate length of time for the cool-down phase of a training session?

- a. 2-4 minutes
- b. 5-10 minutes
- c. 10-15 minutes
- d. 3-5 minutes

15. During a 6-month review with your client, he has decided that his current gains in strength are substantial enough that he would like to move to a maintenance program. What term best describes the close of this portion of his program?

- a. Variable goals
- b. End review
- c. Capping
- d. Evaluation

16. Which grade of musculoskeletal strain identifies many muscle fibers that are injured, severe tenderness, and muscle pain with mild swelling, possible bruising, and a noticeable loss of function?

- a. I
- b. II
- c. III
- d. IV

17. One of the many muscular responses to resistance training is the depletion of glycogen levels; metabolites accumulate and fuel substrates are depleted. As a trainer and with this information specifically, what advice should you give your clients?

- a. Consume a creatine supplement during and prior to intense sessions.
- b. Include adequate amounts of carbohydrates in their diets.
- c. Consume adequate protein immediately after intense exercise.
- d. Include a protein supplement as part of their daily diets.

18. Which of the following is INCORRECT when performing a power clean?

- a. Fully flex the elbows when the bar is caught at the anterior deltoids.
- b. Thrust the hips forward at the scoop.
- c. Keep the torso-to-floor angle constant during the first pull.
- d. Extend the knees before the hips.

19. Which postural deviation will increase lordosis in the lumbar spine?

- a. Anterior pelvic tilt
- b. Adduction of the scapulae
- c. Scapular winging
- d. Posterior pelvic tilt

20. At the close of your initial conversation with a new client, he tells you that he feels he is ready to change his unhealthy behaviors and wants your help. What type of communication did you most likely use to help him achieve that emotional state?

- a. Verbal
- b. Kinesthetic
- c. Touch
- d. Visual

21. A personal trainer should spot which point on a client's body when spotting overhead or over-the-face dumbbell exercises?

- a. Upper arms
- b. Elbows
- c. Wrists
- d. Forearms

22. During the initial assessment phase of the client-trainer relationship, which assessment would logically be administered after both the resting heart rate and resting blood pressure measurements have been established?

- a. Flexibility
- b. Body composition
- c. Cardiovascular assessment
- d. Muscular fitness

23. Which model of behavior change is dependent on the weighing of barriers to change and the perceived benefits of change?

- a. Transtheoretical Model
- b. Theory of Planned Behavior
- c. The Health Belief Model
- d. Social Cognitive Theory

24. During the initial consultation with a new client, you learn that she is being treated for stable coronary artery disease (CAD). She has no ongoing issues and has been stable for more than six months. What is the best course of action for this client?

- a. Begin regular programming with the client.
- b. Schedule a second session with the client and ask that she speak with her physician between now and then.
- c. Require the client complete Release of Liability and Informed Consent forms.
- d. Obtain a physician's medical clearance.

25. What is the baseline recommendation for cardiorespiratory programming of moderate intensity?

- a. At least 30 minutes per day on at least 5 days per week
- b. At least 15 minutes per day on at least 5 days per week
- c. At least 45 minutes per day on at least 3 days per week
- d. At least some moderate activity at least 4 days per week

26. You are conducting a session with a client with whom you have assigned an alternating push-pull resistance program. Which of the following is next logical exercise following the sequence upright row, bench press, bicep curl?

- a. Lat pulldown
- b. Leg curl
- c. Shoulder press
- d. Seated row

27. Which of the following is the only form to identify coronary heart disease (CHD) risk factors in potential clients?

- a. Medical history
- b. Physical Activity Readiness Questionnaire (PARQ)
- c. Informed consent
- d. Physician's clearance

28. The most important predictors for behavior change, according to Social Cognitive Theory, are the expectations of results and what other principle?

- a. Motivation
- b. Self-efficacy
- c. Goal setting
- d. Extrinsic motivation

29. What types of training are the most effective way to improve an athlete's stride rate and frequency?

- a. Sprint, plyometric, strength, and ballistic training
- b. Cardiovascular, plyometric, and ballistic training
- c. Resistance, ballistic, cardiovascular, and plyometric training
- d. Sprint, plyometric, and strength training

30. Which is the only type of stretching that does NOT need to follow the warm-up component of an exercise program?

- a. Dynamic stretching
- b. Proprioceptive neuromuscular facilitation (PNF)
- c. Static stretching
- d. Passive stretching

31. A client who suffers from a hernia may be further injured by any activity that increases pressure in the abdominal cavity. Which breathing technique should never be used with one of these clients?

- a. Timed breathing
- b. Pranayama
- c. Valsalva maneuver
- d. Yogic

32. Which communication form requires trust, attention, and understanding to be effective?

- a. Rapport
- b. Active listening
- c. Periphrasis
- d. Facial expressions

33. Which type of resistance exercises engage multiple joints and large muscle groups?

- a. Power exercises
- b. Assistance exercises
- c. Core exercises
- d. Explosive exercises

Answer Key and Explanations

- 1. B:** Hay balers require stabilization of the core in all three planes of motion, and the weight transference through the hips and legs help gain leverage and maintain balance. Unilateral rows perform the pull motion, and bilateral presses perform the push motion. A thoracic matrix also performs a push motion but through the entire kinetic chain.
- 2. A:** Periodization is the system of planned variations over the duration of a resistance training cycle; it is an element of variation. The fourth part of a successful resistance training program is "progression."
- 3. D:** The "catch" is also the starting position on the rowing machine and is performed by having a slight forward lean in the torso, head up, looking straight, with the arms fully extended.
- 4. B:** When static stretching, large muscle groups should be stretched first, and clients should move through the same routine during each stretching session.
- 5. D:** One gram of carbohydrates is 4 kcals, or 4 calories. One gram of protein is also 4 kcals, and 1 gram of fat is 9 kcals.
- 6. A:** Process goals are defined as those that a client has a high degree of control over; regardless of how difficult the goal is, a client can easily achieve a process goal with a high amount of effort. Clients have very little control over outcome goals as they are achieved by making social comparisons, for example, the goal of being the fastest runner in a group. Performance goals are controllable but are described as a self-referenced standard of personal performance. Self-efficacy is another way to describe and think about self-esteem and is not one of the three types of goals.
- 7. B:** A client whose goal is muscular strength and performs at the intermediate level should work with a load $\geq 80\%$ of his or her one repetition maximum (1RM).
- 8. D:** The sternocleidomastoid is the muscle in the neck stretched by turning the head left and right, looking in each direction. The suboccipitals and splenae are both muscles in the neck but are stretched during neck flexion and extension (looking up and down). The piriformis is a muscle of the lower body, stretched in the pretzel position.
- 9. C:** A client who has improper form during a certain movement would most benefit from visual cues (shown on your own body), wrong-right cues (moving your own body in and out of the correct position), and tactile cues (using a hands-on method) to correct the form. Imagery is best used in yoga or meditation to elicit an emotion or thought in the client. Safety cues are informational but would not be the best way to describe a corrective motion. Affirmational or motivational cues are used as encouragement and to energize.
- 10. B:** The Family Educational Rights and Privacy Act (FERPA protects the privacy of students and their educational records. The USDHHS is the United States Department of Health and Human Services. Health Insurance Portability and Accountability Act (HIPAA) is a privacy act protecting victims and the privacy of their health records. The USDoe is the US Department of Education.
- 11. C:** The amount of hip flexion required to perform the squat averages approximately 95 degrees. The hips typically flex between 100 and 135 degrees with a full range of motion.

12. D: The body's fat-free mass remains unchanged by aerobic training, despite the reduction in body mass, fat mass, and percentage of body fat.

13. B: Water makes up roughly 60% of the body's mass.

14. B: The cooldown portion of the training session should be between 5 and 10 minutes in length, depending on the client and the intensity of the active phase of training. It begins with a slow decrease in activity and concludes prior to the final flexibility and abdominal work.

15. C: Capping is a term used to describe the cease of a program prior to reaching the end goal. This may be done because the end goal has been deemed unrealistic, the current gains have been good enough, or the small gains between a current ability and the goal are not necessary for success. For example, a client with an original goal that was a very high 1RM on the bench press but who has decided to focus more effort on lower extremity training, even though he or she has not reached the 1RM goal.

16. B: A grade II strain is a moderate strain. A grade I strain is considered mild in which only a few fibers are stretched and possibly torn. A grade II strain is classified as a complete tear resulting in complete loss of muscle function.

17. B: Because more than 80% of the adenosine triphosphate (ATP) production during resistance exercise is derived from glycolysis, thus decreasing glycogen levels, it is essential that clients participating in intense resistance training consume adequate carbohydrates daily. Although creatine phosphate is important for metabolism of adenosine diphosphate (ADP) to ATP during exercise, personal trainers should never recommend supplements to clients. Although adequate protein is a part of a balanced diet, especially for building and sustaining muscle mass, this macronutrient is not responsible for the replenishment of glycogen lost during glycolysis.

18. D: A common error when performing the power clean is to extend the knees before, or faster, than the hips.

19. A: An anterior pelvic tilt will increase lordosis in the lumbar spine. A posterior pelvic tilt will decrease lordosis in the spine. Both adduction of scapulae and scapular winging are deviations in shoulder position, whereas lordosis is a pelvic deviation.

20. B: Kinesthetic communication refers to how the communicator makes the listener feel. Effective motivation uses kinesthetic communication to help the person receiving the information achieve the optimal emotional state for behavior change. Verbal and visual are forms of communication but do not help achieve an emotional connection as well as kinesthetic. Touch is a type of nonverbal communication.

21. C: Many people incorrectly spot overhead or over-the-face dumbbell movements at the upper arms or elbows; this may lead to injury if the client's arms quickly give out. The correct way to spot a client performing these movements is at the wrists.

22. B: The body composition assessment would logically follow the resting heart rate and blood pressure measurements. This assessment is used to establish an optimal, desirable, or target weight for an individual as well as set solid height-weight and body mass index (BMI) reference points to be used during progress checks and reevaluation.

23. C: The Health Belief Model is a theoretical approach in which the client must believe he or she can change, and the benefits of change are not outweighed by the barriers to change. Clients can be

predicted to change based on their perceived seriousness of the negative consequences of their current state and their belief in a decreased risk of consequences as a result of change.

24. D: A physician's medical clearance is required for any client with CAD. A personal trainer should not work with a client who has a preexisting condition until receiving input from the client's physician, and the trainer will follow the guidelines set by the physician. Regular programming cannot continue with a person who has CAD until clearance is given by a qualified physician. It is imperative that a personal trainer obtains the clearance in writing, along with the Release of Liability and Informed Consent.

25. A: The baseline recommendation for moderate intensity cardiorespiratory training is at least 30 minutes per day on at least 5 days per week for a total of at least 150 minutes each week. Although any activity is better than none, it is recommended that an apparently healthy person participate in aerobic exercise between 3 to 5 days each week, with a combination of moderate and vigorous intensity levels.

26. C: The shoulder press is the only available choice that performs the push motion next in the push-pull sequence given.

27. A: The medical history form is used for screening purposes and identifies metabolic, cardiovascular, pulmonary, musculoskeletal, or other client problems. Although the PARQ is another medical screening tool, it does not identify CHD risk factors. The informed consent form is a signed acknowledgement of the possible risks involved in participating in the activity, and the physician's clearance form is used after risks have been identified and assists in program design.

28. B: Self-efficacy, an individual belief in one's own success, and the expectation of outcomes are the principles of the Social Cognitive Theory. Motivation is a person's mental drive toward behavior change, and extrinsic motivation is the drive coming from an outside source such as a change in appearance. Goal setting is a separate behavioral change theory that depends on the defining of personal goals and creating a plan to reach them.

29. A: Sprint, plyometric, strength, and ballistic training are the best ways to improve an athlete's stride rate and frequency. This comprehensive approach helps the trained athlete to increase acceleration, enhance maximal speed and endurance, and strengthen the lower body.

30. A: Dynamic stretching is appropriate for use during the, and as a form of, warm-up because it involves the movement of body parts through their full range of motion by gradually increasing intensity. PNF, static, and passive stretching are only appropriate after a thorough warm-up of at least 5 to 10 minutes of light to moderate multi-joint, large muscle group movements. PNF should also only be performed by certified fitness professionals if they have been properly educated on the technique.

31. C: The Valsalva maneuver is performed by trying to forcefully push inhaled air out through a closed mouth and obstructed nasal passage. It is essentially the "bearing down" of one's breath such as techniques used to "pop" a person's ears during an airplane descent, and it works by decreasing the preload pressure to the heart. As a result, however, it increases pressure in the abdominal cavity, which can further injure a client suffering from a hernia. Times breathing is a typical strategy used in exercise and is safe for all individuals. Pranayama and yogic breathing are the same technique, both used in yoga as slow, controlled inhalations and exhalations.

32. B: The success of active listening hinges on both verbal and nonverbal feedback from the listener to portray understanding and attention. During active listening, the listener accepts what