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NEW QUESTION: 1

Which of the following can cause pain in the lumbar area?

- A. Strain of the tibialis anterior muscle
- B. Strain of the gastrocnemius muscle
- C. Strain of the longissimus thoracis muscle
- D. Strain of the sternocleidomastoid muscle

Answer: (SHOW ANSWER)

The longissimus thoracis muscle is located in the posterior lumbar region. It is part of the erector spinae group. These muscles help maintain posture and provide stability to the spine. Lumbar pain, also called low back pain, is one of the most common causes of disability. About 60 to 80% of the general population will experience it at some point in their lives. Determining the specific cause of lumbar pain may be difficult, but muscle strain, an intervertebral herniated disc, and joint inflammation can all cause lumbar pain. The other muscles are not located in the lumbar region. The sternocleidomastoid muscle is located in the cervical region. Strain to this muscle occurs with "whiplash" injuries. The tibialis anterior muscle is located on the anterior and lateral part of the lower leg. The gastrocnemius muscle is located on the posterior part of the lower leg.

NEW QUESTION: 2

The hip joint is what type of joint?

- A. Ball-and-socket joint
- B. Cartilaginous joint
- C. Pivot joint
- D. Hinge joint

Answer: (SHOW ANSWER)

The hip joint as well as the shoulder joint can move in all directions. They are ball-and-socket joints. A hinge joint can only move in one plane, such as with knee flexion and extension. A

cartilaginous joint is a strong joint that is very slightly movable, such as intervertebral joints. A pivot joint is a joint in one plane that permits rotation, such as the humeroradial joint.

NEW QUESTION: 3

Goals that a trainer helps a client set should be all of the following EXCEPT

- A. Broadly defined
- B. Time-limited
- C. Action-based
- D. Measurable

Answer: ([SHOW ANSWER](#))

Goals that are most helpful are those that are specific, very well defined, able to be measured, realistic, and have a time constraint on them. The actions a client needs to take should be specifically defined. For example, a goal may be that a client will walk on his treadmill at a pace of 3 mph for 30 minutes on Monday through Friday before going to work.

NEW QUESTION: 4

All of the following classes of nutrients provide sources of energy EXCEPT

- A. proteins
- B. vitamins
- C. fats
- D. carbohydrates

Answer: ([SHOW ANSWER](#))

Carbon is critical for the energy, production process. Proteins, fats, and carbohydrates-which are all sources of carbon-contribute to a number of functions in the body. They help provide energy so that muscles, nerves, and metabolic processes work normally. Energy, is measured in calories (cal) or kilocalories (kcal). When individuals exercise, they can "turn" energy,, more quickly. Vitamins and minerals are critical for providing essential nutrients that the body needs to maintain normal function: however, they are not a source of energy.

NEW QUESTION: 5

All are true of a synovial joint EXCEPT

- A. The synovial cavity is filled with synovial fluid.
- B. A synovial joint can flex and extend.
- C. A synovial joint never contains any other structures inside of it.
- D. A synovial joint may be supported by ligaments.

Answer: ([SHOW ANSWER](#))

A synovial joint is the most common type of joint found in the body and is made up of two articulating bones. Synovial fluid is present in the synovial cavity, which is lined by a synovial membrane. The joint is surrounded by a fibrous capsule, which can be supported by ligaments. Sometimes, a synovial joint may contain other structures, such as menisci (for example, in the

knee) or fat pads. There are subtypes of synovial joints, including a hinge joint, ball-and-socket joint, and a pivot joint.

NEW QUESTION: 6

The primary function of the respiratory system is

- A. Delivering nutrients to tissues in the body
- B. Regulating the body's pH level
- C. Maintaining fluid volume to prevent dehydration
- D. Facilitating the exchange of oxygen and carbon dioxide

Answer: ([SHOW ANSWER](#))

The respiratory system involves the lungs and is where the exchange of oxygen for carbon dioxide occurs. The cardiovascular system, which involves the heart and blood vessels, is responsible for delivering oxygen and nutrients to all tissues in the body, regulating the body's pH level to prevent acidosis or alkalosis, and maintaining fluid volume to prevent dehydration.

NEW QUESTION: 7

The condition that involves rapid breakdown of muscle tissue due to too much exercise, which can potentially result in kidney failure, is called

- A. Myoglobinuria
- B. Rhabdomyolysis
- C. Proteinuria
- D. Dialysis

Answer: ([SHOW ANSWER](#))

Rhabdomyolysis, caused when an individual exercises too excessively, results in muscle damage and breakdown. These breakdown products, which can include protein and myoglobin, then enter the bloodstream and have the potential to harm the kidneys. Kidney failure, and possibly death, can result. Symptoms of rhabdomyolysis can include muscle swelling, pain, and soreness. Myoglobinuria and proteinuria describe the conditions of having myoglobin and protein in the urine. However, they do not necessarily reflect a cause. Dialysis is a treatment for kidney failure.

NEW QUESTION: 8

Which of the following conditions is an absolute contraindication for exercising during pregnancy?

- A. Ruptured membranes
- B. Poorly controlled seizure disorder
- C. Heavy smoker
- D. Poorly controlled hypertension

Answer: ([SHOW ANSWER](#))

Recent research supports a role for exercise programs during pregnancy. Goals of this type of program can include reducing low back pain and decreasing the risk for developing gestational diabetes. However, there do exist a number of absolute contraindications. Some of these include ruptured membranes, placenta previa after 26 weeks of gestation, premature labor, preeclampsia,

and high-risk multiple gestation pregnancies. In contrast, relative contraindications include the individual being a heavy smoker, having poorly controlled diabetes or seizures, or having poorly controlled hypertension or hyperthyroid disease.

NEW QUESTION: 9

When meeting with a client for the first time, all of the following can be helpful comments to make to a client EXCEPT

- A. "Can you tell me about your daily routine?"
- B. "Do you think you have clinical depression?"
- C. "How would you like this work to help you?"
- D. problems do you have?"

Answer: ([SHOW ANSWER](#))

It is important to remember that coaching is not therapy or mental health counseling. Personal trainers should never diagnose current psychiatric problems. However, it is important to ask a person about their past history-medical and otherwise-so that your sessions can be appropriate and productive. Knowing about a person's daily routine will tell you how active he or she usually is. Asking, "How would you like this work to help you?" can elicit a specific goal that the two of you can work toward.

NEW QUESTION: 10

A number of atherosclerotic cardiovascular disease risk factors exist. A client who has which of the following would be considered to have a positive risk factor for hypertension?

- A. Systolic blood pressure 140 mm Hg on two separate occasions
- B. Having taken an antihypertensive medication in the past
- C. Diastolic blood pressure 275 mm Hg on two separate occasions
- D. Systolic blood pressure 140 mm Hg and diastolic blood pressure 2 100 mm Hg on one occasion

Answer: ([SHOW ANSWER](#))

Hypertension is defined by the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure as a systolic blood pressure of 140 mm Hg and a diastolic blood pressure of 2 90 mm Hg on separate occasions. In addition, current use of an antihypertensive medication is considered to be a positive risk factor for hypertension.

NEW QUESTION: 11

All of the following can help the client-trainer relationship EXCEPT

- A. Answering a text or phone call during a session
- B. Keeping information between the two of you confidential
- C. Accepting your client for what she is able to do, even if others her age are able to do more
- D. Asking your client about his week

Answer: ([SHOW ANSWER](#))

A number of factors can help facilitate a beneficial working relationship between a client and a trainer. These can include being present in the moment, maintaining confidentiality, being interested in your client's life, giving helpful feedback and treating your client in a positive way. Along those lines, it is important to accept clients at the level they are currently at rather than comparing them to others.

NEW QUESTION: 12

Individuals with osteoporosis

- A. Should avoid twisting or flexing of the spine
- B. Should not worry about proper breathing techniques
- C. Should not do flexibility training exercises
- D. Are not more likely to develop fractures

Answer: ([SHOW ANSWER](#))

Osteoporosis is a disease that involves a loss of bone mineral density. Osteopenia is a milder form of osteoporosis. Although people with osteoporosis are more susceptible to fractures due to the thinning of their bones, they are appropriate candidates for flexibility training programs. These programs can help improve posture and maintain the alignment of the spine. However, the program should avoid repetitive exercises that involve twisting or flexing of the spine. Everyone who participates in a flexibility training program should be taught proper breathing techniques.

NEW QUESTION: 13

Leg raises are an example of

- A. Hip extension
- B. Knee flexion
- C. Hip flexion
- D. Hip abduction

Answer: ([SHOW ANSWER](#))

Leg raises are one type of exercise that works the hip flexor muscles. These muscles include the iliopsoas, rectus femoris, sartorius, and pectineus. Exercises for hip extension include squats or leg presses. Hip extensor muscles are the hamstrings and the gluteus maximus. Hip abduction exercises can be done with an exercise machine. Muscles involved with hip abduction include the tensor fascia latae, sartorius, and gluteus minimus and medius. Leg curl exercises involve knee flexion. Muscles involved with flexion of the knee are the hamstrings, gracilis, and popliteus.

NEW QUESTION: 14

Active listening, building rapport, and showing understanding of a client's situation are all components of

- A. Extrinsic motivation
- B. Client-centered techniques
- C. Nonverbal communication
- D. Intrinsic motivation

Answer: (SHOW ANSWER)

Client-centered techniques include asking open-ended questions, listening actively, and frequently clarifying what the client says. These can all contribute to building rapport and a strong relationship with a client. Nonverbal communication is that which is expressed and received via nonverbal cues, such as facial expressions, gestures, and the presence or absence of eye contact. Intrinsic motivation is the motivation for change that comes from within. For example, a person may want to lose weight to feel proud or to feel like he can achieve a goal. When people are extrinsically motivated, they are motivated to achieve a goal because of an external factor. For example, someone might want to lose weight to fit into a wedding dress.

NEW QUESTION: 15

The type of stretching that requires assistance from a personal trainer is called

- A. Passive stretching
- B. Static stretching
- C. Active stretching
- D. Ballistic stretching

Answer: (SHOW ANSWER)

In passive stretching, a client remains relaxed, allowing a trainer to stretch the client's muscles. Ballistic stretching, which involves a bouncing-like movement, can cause injury to muscles if not performed carefully. Static stretching involves movements that are deliberate and sustained. Active stretching involves stretching muscles throughout their range of motion.

NEW QUESTION: 16

Normal systolic and diastolic blood pressure measurements (in mm Hg) include which of the following?

- A. Systolic 110, diastolic 75
- B. Systolic 130, diastolic 70
- C. Systolic 140, diastolic 85
- D. Systolic 110, diastolic 85

Answer: (SHOW ANSWER)

Normal blood pressure is classified as a systolic pressure of less than 120 mm Hg and a diastolic pressure of less than 80 mm Hg. If either the systolic or diastolic pressures are elevated on multiple occasions, an individual's blood pressure is considered to be high.

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NEW QUESTION: 17

The interactive tool that can lead to change by creating an equal partnership between the client and the trainer is called

- A. Generative moments
- B. Motivational interviewing
- C. Appreciative inquiry
- D. Change talk

Answer: A ([LEAVE A REPLY](#))

Motivational interviewing is based on the idea that change occurs when there is an equal partnership between the client and trainer. While you are a training centered relationship. Generative moments are powerful or negative events that have happened to a client that can spur him or her to change. Appreciative inquiry is a technique in which the trainer asks positive and powerful questions to help the client visualize potential possibilities. Change talk involves language spoken by a client about his or her desire and ability to change their behavior.

NEW QUESTION: 18

What is the approximate target heart rate for a 50-year-old man in beats per minute (bpm)?

- A. 75 to 120
- B. 85 to 145
- C. 85 to 110
- D. 120 to 160

Answer: ([SHOW ANSWER](#)**)**

To calculate an individual's target heart rate, first one needs to estimate the person's maximal heart rate. This is estimated by subtracting a person's age from 220. In this example, the person's maximal heart rate is $220 - 50 = 170$. Using this number, the target heart rate can be calculated. The recommended target heart rate is between 50% and 85% of the maximal heart rate. This would be $170 \times 0.50 = 85$, and $170 \times 0.85 = 145$. So, the individual's target heart rate is estimated to be between about 85 and 145 bpm.

NEW QUESTION: 19

Which function does the autonomic nervous system NOT regulate?

- A. Digestion
- B. Breathing
- C. Running
- D. Secretion of hormones

Answer: ([SHOW ANSWER](#)**)**

The central nervous system is comprised of the brain and the spinal cord and is responsible for receiving, analyzing interpreting, and acting on sensory information. The central nervous system

is comprised of the peripheral and autonomic nervous systems. The autonomic nervous system is responsible for functions such as respiration, digestion, making hormones, and maintaining heart rate. The autonomic nervous system can be subdivided into the sympathetic nervous system, which is activated when the body is "stressed" and causes an increase in heart rate and respiratory rate and the parasympathetic nervous system, which is "in control" when the stressful stimulus is no longer present.

NEW QUESTION: 20

Older adults should engage in an aerobic exercise program that provides which of the following?

- A. 25 minutes, 3 days a week of mild intensity aerobic activity
- B. 30 minutes, 3 days a week of moderate intensity aerobic activity
- C. 30 minutes, 5 days a week of moderate intensity aerobic activity
- D. 20 minutes, 5 days a week of vigorous intensity aerobic activity

Answer: ([SHOW ANSWER](#))

If their medical issues allow it, individuals over the age of 65 can and should participate in exercise training programs. Aerobic, or cardiorespiratory, exercise can decrease morbidity and mortality rates in older individuals. The recommendations are for older individuals to engage in moderate intensity aerobic activity for 30 minutes, 5 days a week (150 minutes total), or to engage in vigorous intensity aerobic activity for 25 minutes, 3 days a week (75 minutes total). People can also do a combination of both.

NEW QUESTION: 21

The "talk test" refers to

- A. The practice of speaking with your client before a training session to check in with the client
- B. The ability of an individual while exercising to talk or respond to a trainer's questions without gasping for breath.
- C. The comfort level of a client to let a trainer know when an exercise is too hard.
- D. The practice of talking with your client during the cool-down phase to see how the session felt.

Answer: C ([LEAVE A REPLY](#))

It is important that a training session not be too intense. The "talk test" is a simple way to get a handle on the intensity of the endurance or workout phase. A client should be able to talk or answer a trainer's questions without gasping for breath. Not being able to speak easily can indicate that the workout is too intense.

Cardiovascular, muscular, and orthopedic injuries are more likely to occur when a workout is too intense.

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