

NCSF-CPT study exam

The joint movement that results in an increase of the joint angle is called - answer extension-

think of a protractor as ur joint the more its angled outward the bigger the angle becomes

When working with a trainer, an individual lifts a 10lbs weight straight over her head through a distance of 2.5 ft. How much linear work has been generated? - answer 25 pound- feet

force * distance through which the force travels = linear work generated.

Your client is in the maintenance stage of behavior and is exercising regularly. One day she canceled her appointments with you claiming she has too much to do at work. If she abandons her exercise routine completely it's called a - answer relapse

Goals that a trainer helps a client set should be all of the following except - answer broadly defined

shortness of breath at rest is called - answer dyspnea

an individual weighs 80 kg and is 1.75 meters tall. What range does his BMI fall into? - answer overweight abt 26

The primary function of the respiratory system is - answer facilitating the exchange of oxygen and carbon dioxide

benefits of nonlinear periodized training programs include all of the following except

- a) using a progressive increase in the workout intensity
- b) allowing for variation in the workout intensity
- c) having a "power" training day
- d) training both power and strength of muscles within one week - answer A-

bc its a nonlinear which means not having a progressive increase in the intensity of the workout, but having variations of intensity throughout the week.

individuals with osteoporosis should note to ----- when engaging in physical activity - answer avoid twisting or flexing the spine.

Ncsf Exam Study Guide

Chao Zhang



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