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Fitness NCSF-CPT

**National Council on Strength and Fitness Personal Trainer
Exam**



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Question: 1

The hip joint is what type of joint?

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

Answer: A

Explanation:

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.

Question: 2

The primary function of the respiratory system is

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

Answer: C

Explanation:

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.

Question: 3

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

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

D. Static stretching

Answer: B

Explanation:

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.

Question: 4

All of the following are benefits of increased flexibility EXCEPT

- A. Improved circulation
- B. Increased range of motion
- C. Improved coordination
- D. Increased chance of muscle injury

Answer: D

Explanation:

Flexibility training has a number of benefits, including increased circulation, increased range of motion, improved muscle coordination, and decreased future chance of muscle injury.

Question: 5

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. Dialysis
- D. Proteinuria

Answer: B

Explanation:

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.

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