
NCSF Exam 2024 Questions with correct Answers

Sugar - Answer ✓✓-What is the only fuel source that can be used during anaerobic metabolism?

Carbohydrates, lipids (fats) - Answer ✓✓-_____ serve as the primary fuel for exercise, while _____ are primarily used during rest and low-intensity physical activity.

Aerobic metabolism can occur using what fuel sources? - Answer ✓✓-Carbohydrates, fats, protein and various associated substrates.

What is the primary fuel source during 1) a vertical jump, 2) a 3RM deadlift, and 3) a 10-second sprint? - Answer ✓✓-1) stored ATP, 2-3) stored creatine phosphate

What are the primary storage sites for glycogen within the body? - Answer ✓✓-Skeletal muscle (~400g) and the liver (~95g)

How much rest is needed to fully recover from an exercise that significantly drains creatine phosphate stores within a muscle? - Answer ✓✓-2-5 minutes

As a client increases their VO₂max, he or she will have a lower _____ during any sub-maximal exercise intensity; this is mainly attributed to an increase in _____. - Answer ✓✓-Heart rate, stroke volume

Cardiac output is a product of: - Answer ✓✓-Stroke volume x heart rate

Cellular metabolism using oxygen and various substrates for fuel occurs in the: - Answer ✓✓-Mitochondria

What muscle fiber type has the lowest capacity to produce force? - Answer ✓✓-Type I (slow-twitch oxidative)

Slow oxidative muscle fibers have the smallest relative _____ and are primarily fueled via _____ metabolism. - Answer ✓✓-Diameter; aerobic

Ncsf Studyguide Answer Key

Exam Sam



Ncsf Studyguide Answer Key:

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Author Michael Rosengart passed the CPT certification exam with a 90% score.

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Secrets of the NSCA-CPT Exam
Secrets Study Guide Mometrix Exam Secrets Test Prep Team,2021 The Simplified NCMHCE Study Guide: A Summarized Format to Understanding DSM-5 Disorders, Theoretical Orientations and Assessments Maria Shkreli,2018-07-26

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