
NCCPT Practice Test - Questions And Answers

A client complains about shoulder pain. What should you do? - ✓ stop exercise and go see a doctor

A client shows up to session with her purse and no lock, you should.... - ✓ ask the manager for the company policy

the systematic effects of exercise include? - ✓ increase oxygen utilization and decrease blood pressure

what is relative strength - ✓ the max force muscle can generate in relation to a person's body weight

the essential fatty acids a body needs? - ✓ linoleic and linolenic

benefits of a good warm up are? - ✓ increased efficiency of reciprocal innervation

visceral muscles are involved in? - ✓ involuntary and unconsciously controlled

how often should you call back people you have done an intro workout with? - ✓ at least twice

tonic muscles have? - ✓ high proportion of slow twitch fibers

what is partnership? - ✓ association of two or more persons or entities who conduct business as co-owners

what could a trainer do to decrease accidents in a gym? - ✓ report any unusual noises sights odors appearances or behaviors

in order to recover completely from super high-intensity exercises? - ✓ 3-5 minutes

which of the following is a benefit in exercise? - ✓ decrease in body fat

Nccpt Test Study Guide

**Trivium Personal Trainer Exam Prep
Team**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the text box.

Nccpt Test Study Guide:

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