
NCSF Exam Study Guide with complete solution

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

Carbohydrates, lipids (fats) - _____ 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? - 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? - 1) stored ATP, 2-3) stored creatine phosphate

What are the primary storage sites for glycogen within the body? - 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? - 2-5 minutes

As a client increases their VO_2max , he or she will have a lower _____ during any sub-maximal exercise intensity; this is mainly attributed to an increase in _____. - Heart rate, stroke volume

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

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

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

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

Following high-intensity exercise, a client may continue to burn additional calories for a number of hours due to a phenomenon known as: - Excess post-exercise oxygen consumption (EPOC)

What mineral is released from the sarcoplasmic reticulum to initiate the cascade of events leading to a muscular contraction? - Calcium

Ncsf Exam Study Guide

Puja Mehta



Ncsf Exam Study Guide:

Secrets of the NCSF-CPT Exam Study Guide Ncsf Exam Secrets Test Prep, 2018-04-12 Includes Practice Test Questions

Secrets of the NCSF CPT Exam helps you ace the National Council on Strength and Fitness Personal Trainer Exam without weeks and months of endless studying Our comprehensive Secrets of the NCSF CPT Exam study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined

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Get Certified - Ncsf-CPT Michael Rosengart, 2015-07-04

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- Biomechanics
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- Program Design
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Get Certified NCSF CPT is an excellent tool to help you study more effectively learn the material and pass the course Based on the learning techniques shared in the New York Times Bestselling Book *Make It Stick: The Science of Effective Learning* author and Certified Personal Trainer Michael Rosengart created this study guide companion to help aspiring trainers learn, digest and comprehend the wide scope of the NCSF CPT

course material This study guide companion is not meant to substitute the course material itself Instead this study guide companion is to be used alongside the course material and as a n effective means for taking notes practicing self quizzes creating memory devices and understanding the key concepts on a personal level Additionally this study guide companion acts as a reference guide for the aspiring trainer to intermittently revisit throughout the course of the week to keep the concepts fresh in their minds as well as practice some of the training concepts out in the world Organize important concepts into your own thoughts intermittently revisit to course material throughout the week test retention of key terms in flash card style quizzing and create memory devices to remember key facts and numbers Be more effective with your study time Learn the material Understand the course Pass the exam Get Certified Author Michael Rosengart passed the CPT certification exam with a 90% score **Personal Trainer Certification Exam Prep Course (2nd Edition)** Katie

Donnelly, Starting-a-Personal-Training-Business.com (Firm), 2009-09-03 If you are preparing to take a personal trainer certification exam then you are going to want to take our prep course Designed by the personal trainers at Starting a Personal Training Business com the course includes over 750 practice questions to help you pass your certification exam You don t just get a book but you also get free access to our online quizzes and a full length practice personal trainer exam Here is What You Get Over 750 Practice Questions including Practical Questions Video Questions and Case Studies Detailed Explanations for questions to help you understand the correct answer Over 28 quizzes and a Final Exam you take online to Measure your Progress Covers all Major Certification Exams including certification specific sections on ACE ACSM AFAA ISSA NASM NCSF NSCA and NESTA 9 day online study planner to help you organize your study plan **NSCA-CPT Exam Secrets Study Guide: NSCA-CPT Test Review for the National Strength and Conditioning Association - Certified Personal Trainer Exam** Nsca-CPT Exam Secrets Test Prep, 2018-04-12 Mometrix Test Preparation s Secrets of the NSCA CPT Exam Study Guide is the ideal prep solution for anyone who wants to pass the NSCA Certified Personal Trainer exam The exam is extremely challenging and thorough test preparation is essential for success Our study guide includes Practice test questions with detailed answer explanations Tips and strategies to help you get your best test performance A complete review of all NSCA CPT test sections Anatomy and Kinesiology Client Consultation and Fitness Assessment Program Planning Techniques of Exercise Safety Emergency Procedures and Legal Issues NSCA CPT and NSCA Certified Personal Trainer are registered trademarks of the National Strength and Conditioning Association Neither this publication nor the publisher have any affiliation with or any recognition sponsorship or endorsement by the NSCA The Mometrix guide is filled with the critical information you will need in order to do well on your NSCA CPT test the concepts procedures principles and vocabulary that the National Strength and Conditioning Association expects you to have mastered before sitting for your exam Any test prep guide is only as good as its practice questions and answer explanations and that s another area where our guide stands out The Mometrix test prep team has provided plenty of NSCA CPT practice test questions to prepare you for what to expect on

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