
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 Practice Examination Study Guide

Jenny Schaefer



Ncsf Practice Examination Study Guide:

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

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Become a Certified Personal Trainer (H/C) Robert Wolff, 2010-01-08. Your complete preparation guide for a successful career in personal training. Training authority Robert Wolff walks you through the most important subject areas you need to pass certification, get started, and succeed as a personal trainer. Become a Certified Personal Trainer will guide you through the entire certification process, providing sample questions for each of the top exams and also offering much needed advice about the business side of the job and beyond. Become a Certified Personal Trainer shows you an inside look into the top organizations and how they would train you. How to approach assessments and protocols for working with specific body types. Psychology you need to know about clients and ways to modify their behavior. Basics on nutrition, supplementation, and weight management. Physical preparation in and out of the gym. The training and business mistakes others make and how to avoid them. Business lessons including finding clients, making yourself stand out from the competition, and creating a mindset for success. Whether becoming a trainer is your dream job or you're already in the field, Robert Wolff provides the tools you need to give you and your clients the best chance at success. Robert Wolff, Ph.D., is a former editor of Muscle. Robert Wolff's Book of Great Workouts, Home Bodybuilding, The Knockout Workout with Mia St. John, and Dr. Robert Wolff's Great Body Great Life Program. He lives in New York City.

Governance in Sport Bonnie Tiell, 2025-06-17. At its core, sport governance encompasses two key elements: power and decision making. To truly grasp a sport organization's purpose and structure, it's essential to understand who wields power and which decisions are made by those who possess it. Regrettably, the abuse of power coupled with ineffective governance and lackluster leadership has fostered widespread corruption within sport organizations, a situation that calls for a renewed commitment to practicing principles of good governance and restoring integrity and ethical conduct. In response, the updated and enhanced Governance in Sport: Analysis and Application, Second Edition, aims to equip students with the skills to navigate both ordinary and extraordinary situations encountered in the oversight and authority of sport organizations at all levels of sport. Governance in Sport examines sport governance from three broad analytical and applied perspectives: A legal and managerial overview of practices, processes, and policies in sport organizations encompassing ethical behavior, effective leadership, decision making,

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Introduction to Kinesiology Shirl J. Hoffman, 2009

Aimed at undergraduate students in sport and exercise science courses this text provides a comprehensive reader friendly overview of sports science laying a solid foundation for future learning and for working as a professional in any field relating to physical activity

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

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