
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 Study Guide Answer Key

Philip Martin McCaulay

Ncsf Study Guide Answer Key:

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

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NCMHCE Study Guide 2018 Ncmhce Exam Prep Team,2018-02-14 NCMHCE Study Guide 2018 Exam Prep and Practice Questions for the National Clinical Mental Health Counseling Examination NCMHCE

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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

Information you Need to Know For The EXAM Are you looking to pass the NCMHCE If you answered yes then this guide will challenge your strengths and weaknesses What is the key to passing the exam Knowing the DSM 5 Disorders assessments and theories used in counseling Pass Ask yourself the following questions Do you know the difference between Bipolar 1 Disorder and Borderline Personality Disorder What are the symptoms of Panic Disorder What is the duration of symptoms How do you treat Schizophrenia Disorder What assessment is used for ADHD If you couldn t answer these questions without looking it up then your not ready to spend all your time learning how to take the exam Redirect your focus on learning the information needed to know by all counselors The Simplified NCMHCE Study Guide is for individuals taking the NCMHCE exam The guide includes information needed to know in preparing for this exam Many times individuals are caught up in the exam set up and focus most of their time on preparing how to take the test and fail to recognize that knowing counseling information is your key to passing Knowing the DSM 5 assessments and theories used in counseling is the key to your success in passing Remember you are the only person that can guarantee that pass and I can tell you once an individual masters the information understanding the test set up is the next step to learn so you can pass the exam The guide contains Introduction to the test Need to know terms Recommended strategies on how to break down a case Explanation and recommendation of theoretical

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