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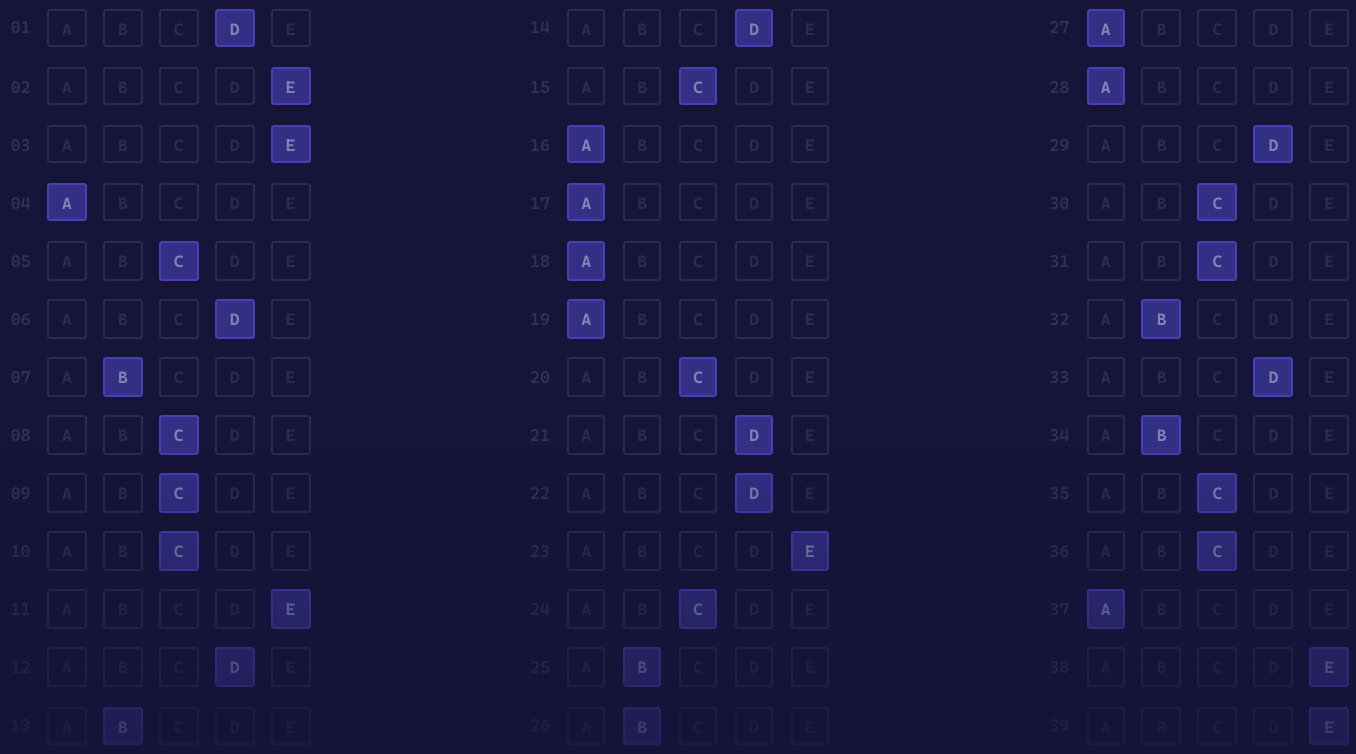

PRACTICE QUESTIONS

National Council On Strength And Fitness (NCSF)

CPTS

Entrenador Personal Certificado

EDITION	QUESTIONS	FORMAT
Demo	9	Limited Edition PDF

WEB www.mometrix.net

SUPPORT support@mometrix.net

Before you begin

What this is

9 practice questions for National Council On Strength And Fitness (NCSF) `CPTS`, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, `CPTS`
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

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QUESTION 1 SINGLE CHOICE

During the concentric phase of a dumbbell biceps curl, which muscle action is occurring at the elbow joint?

A Shoulder flexion

B Elbow flexion

C Elbow extension

D Forearm pronation

ANSWER B

WHY The biceps curl is a classic elbow flexion exercise. During the concentric (lifting) phase, the biceps brachii, brachialis, and brachioradialis contract to flex the elbow joint, decreasing the angle between the humerus and the radius/ulna.

QUESTION 2 SINGLE CHOICE

A new client reports a resting blood pressure of 158/96 mmHg taken at home the previous day. According to NCSF pre-participation screening guidelines, what is the most appropriate initial course of action?

A Begin a moderate-intensity walking program and recheck blood pressure after two weeks

B Obtain medical clearance from a physician before initiating an exercise program

C Proceed with a vigorous-intensity resistance training program since the client is asymptomatic

D Begin a low-intensity program and discontinue if the client reports any symptoms

ANSWER B

WHY A resting blood pressure of 158/96 mmHg indicates Stage 2 hypertension (≥140/90 mmHg). Per NCSF pre-participation screening guidelines aligned with ACSM, this classification requires physician clearance before the client begins any exercise program to ensure safe participation.

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QUESTION 3 SINGLE CHOICE

Which of the following is a primary central (cardiac) adaptation that occurs in response to long-term aerobic training?

A Increased capillary density in skeletal muscle

B Increased stroke volume at a given heart rate

C Increased mitochondrial density in type II fibers

D Decreased plasma volume

ANSWER B

WHY Long-term aerobic training produces several central (cardiac) adaptations, including increased left ventricular volume, increased stroke volume at rest and at submaximal workloads, and decreased resting heart rate. Increased capillary density and increased mitochondrial density are peripheral (skeletal muscle) adaptations, and plasma volume typically increases rather than decreases.

QUESTION 4 SINGLE CHOICE

Which type of muscle hypertrophy is characterized by an increase in the number of myofibrils and sarcomeres within existing muscle fibers?

A Sarcopenic hypertrophy

B Myofibrillar hypertrophy

C Sarcoplasmic hypertrophy

D Atrophic hypertrophy

ANSWER B

WHY Myofibrillar hypertrophy involves an increase in the number and density of myofibrils and sarcomeres within a muscle fiber, which is associated with increased strength and typically results from heavier loading (lower rep, higher intensity) resistance training. Sarcoplasmic hypertrophy is characterized by increases in sarcoplasmic fluid and non-contractile proteins without a proportional increase in myofibrils.

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QUESTION 5 SINGLE CHOICE

A sprinter performing a 400-meter race at maximum effort relies most heavily on which energy system for ATP production?

A Immediate (ATP-PCr) system

B Anaerobic glycolysis (lactic acid system)

C Aerobic glycolysis

D Beta-oxidation of fatty acids

ANSWER B

WHY A 400-meter sprint lasts approximately 45-60 seconds, which places the greatest demand on the anaerobic glycolysis (lactic acid) system. Events shorter than ~15 seconds rely predominantly on the ATP-PCr system, while events longer than ~2 minutes rely more heavily on aerobic metabolism. The 400 meters sits in the 'middle' range dominated by anaerobic glycolysis.

QUESTION 6 SINGLE CHOICE

When spotting a client performing the barbell bench press, where should the spotter position their hands relative to the barbell?

A Hands crossed under the barbell on each side of the client's chest

B Hands in a alternating grip directly under the barbell plates

C Hands on the client's wrists

D Hands on the client's shoulders

ANSWER A

WHY Proper bench press spotting technique requires the spotter to position their hands with an alternating (mixed) grip directly under the barbell, keeping their arms straight and staying close to the bar's path. The spotter must follow the bar up during the lift and assist only when needed, never at the wrists or shoulders where injury risk to the spotter and client increases.

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QUESTION 7 SINGLE CHOICE

According to the Acceptable Macronutrient Distribution Ranges (AMDR), what percentage of total daily calories should come from carbohydrates for healthy adults?

A 10-35%

B 20-35%

C 45-65%

D 70-85%

ANSWER C

WHY The Acceptable Macronutrient Distribution Ranges (AMDR) established by the Institute of Medicine recommend that 45-65% of total daily calories come from carbohydrates, 20-35% from fat, and 10-35% from protein for healthy adults.

QUESTION 8 SINGLE CHOICE

A client suddenly collapses on the gym floor, is unresponsive, and is not breathing normally. According to current CPR guidelines, what should the personal trainer do first?

A Perform abdominal thrusts to clear the airway

B Activate the emergency response system and retrieve an AED if available

C Place the client in the recovery position and monitor breathing

D Provide two rescue breaths before initiating chest compressions

ANSWER B

WHY Current CPR guidelines (per the American Heart Association) follow the CAB sequence (Compressions-Airway-Breathing) and emphasize that the first action when a client is unresponsive and not breathing normally is to activate the emergency response system (call 911/emergency services) and retrieve an AED if available, then immediately begin chest compressions. Abdominal thrusts are for choking, the recovery position is for breathing victims, and rescue breaths are no longer given before compressions in the lay-responder sequence.

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QUESTION 9 SINGLE CHOICE

A 52-year-old male client wants to begin a moderate-intensity exercise program. He reports no known cardiovascular, metabolic, or renal disease, is not experiencing any signs or symptoms suggestive of disease, and has no orthopedic limitations. According to the ACSM pre-participation screening process used by the NCSF, what is the correct recommendation for this client?

A Medical clearance from a physician is required before starting the program.

B Medical clearance is required only if he chooses vigorous-intensity exercise.

C He may begin a moderate-intensity exercise program without medical clearance.

D He must first complete a graded exercise test before any exercise can be prescribed.

ANSWER C

WHY Under the ACSM pre-participation screening model endorsed by the NCSF, an asymptomatic adult with no known disease and no orthopedic limitations may begin a moderate-intensity exercise program without prior medical clearance. Medical clearance is reserved for individuals with known disease, signs/symptoms, or who wish to begin vigorous-intensity exercise without prior habituation.

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