

## NSCA-CPT®

Certified Personal Trainer Prep

650 Questions, 4 Subjects

Which of the following will decrease in response to an acute bout of aerobic exercise?

A Heart rate

B Blood pH

C Systolic blood pressure

A client is suspected of being overtrained as a result of performing too much resistance exercise. Which of the following symptoms are the most likely to be exhibited by the client?

I. Persistent flu-like symptoms

II. Excessive muscle soreness

III. Increased submaximal heart rate

IV. Decreased catecholamine levels

A I and III only

B I and IV only

C I and II only



A client is performing the Astrand-Rhyming cycle ergometer test and their heart rate at the end of two minutes is 102 beats per minute. Which of the following actions should the personal trainer perform to complete the test accurately?

A Stop the test

B Increase the resistance to the next increment

C Instruct the client to continue for another four minutes

During the back squat, which of the following angles should be kept constant throughout the range of motion?

A Torso-to-floor

B Torso-to-thigh

C Shin-to-floor