

INDEX TO QUESTION REFERENCES -- VOLUME 1

(An updated list to provide references for the recently-released "NSCA's Essentials of Personal Training" text)

Content Area 1: CLIENT CONSULTATION/ASSESSMENT				
PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the <u>NSCA's Essentials of Personal Training</u> Text	<i>Essentials of Personal Training Symposium</i> presentation title	Supplemental Articles, Question Topic(s) (QT), Video tape (V)
9	1 C1	Ch 11: P 220 c1p4 – c2p1	Client Consultation and Fitness Assessment	QT: blood pressure protocol
10	1 C1	Ch 11: P 223 c2p5 – P 224 c2p3, P 225 Figure 11.2 (c)	Client Consultation and Fitness Assessment	QT: skinfold measurement protocol
13	1 A4	Ch 9: P 164 c2p4	Client Consultation and Fitness Assessment	QT: informed consent form
15	1 B2	Ch 9: P 163 c2p5 – P 164 c1p6	Client Consultation and Fitness Assessment	QT: PAR-Q, pre-screening form, health appraisal
18*	1 B3	Ch 9: P 166 Table 9.1, P 171 c2p2, P 172 Table 9.2, P 173 Table 9.3, P 173 c1p1 – P 174 c1p8	Client Consultation and Fitness Assessment	QT: medical exam criteria, coronary heart disease risk factors, risk stratification
22*	1 C2	Ch 11: P 240 Table 11.4, P 246 Table 11.14, P 249 Table 11.17, P 255 Table 11.25	Client Consultation and Fitness Assessment	QT: norms for fitness tests
24**	1 C1	Ch 19: P 484 c2p3 NOTE: A key clarification is needed.	Client Consultation and Fitness Assessment	QT: measurements for clients who are obese, BMI
29	1 C1	Ch 11: P 234 c2p5 – P 235 c1p1, P 236 c1p4	Client Consultation and Fitness Assessment	QT: muscular strength (absolute and relative), muscular endurance
31	1 D1	Ch 7: P 123 c2p2 – P 124 c1p2, P 123 Figure 7.1, P 128 c2p4	Nutrition and Weight Management Issues	QT: hypoglycemia, insulin reaction to simple sugar ingestion
45	1 D3	Ch 19: P 503 c2p2 – P 504 c2p2, P 504 Table 19.7, P 505 Table 19.8	Nutrition and Weight Management Issues	QT: signs of anorexia and bulimia nervosa

Content Area 2: PROGRAM PLANNING

PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the <u>NSCA's Essentials of Personal Training</u> Text	<i>Essentials of Personal Training Symposium</i> presentation title	Supplemental Articles, Question Topic(s) (QT), Video tape (V)
8	2 B1	Ch 13: P 312 (exercise); Ch 23: P 581 Table 23.1	Weight Training Exercise Prescription	QT: seated triceps extension V: category-1:14:28; exercise-1:16:37
11	2 B3	Ch 15: P 368 c2p3, P 369 c1p4 (box)	Weight Training Exercise Prescription	QT: weight training exercise arrangement (push-pull)
12	2 B1	Ch 1: P 4 c1p4; Ch 12: P 286 (exercise); Ch 13: P 302 (bottom) (exercise)	Biomechanical Concepts; Weight Training Exercise Prescription	QT: antagonist
16	2 C2	Ch 6: P 103 c2p4 – P 106 c2p1	Anaerobic and Aerobic Training Adaptations	QT: cardiovascular adaptations to aerobic exercise
19	2 D2	Ch 21: P 547 c1p3, P 550 Table 21.5		QT: anterior knee pain, quarter squat, closed kinetic chain exercise
23	2 C1	Ch 15: P 380 c1p5 – P 381 c1p1, P 380 Table 15.8, P 381 Table 15.9	Weight Training Exercise Prescription	QT: program design: strength, hypertrophy, power, and muscular endurance goals
25	2 B7	Ch 15: P 383 c2p1 – P 384 c2p1, P 383 Table 15.10, P 384 (box)	Weight Training Exercise Prescription	QT: 2-for-2 rule, exercise progression
30	2 B1	Ch 1: P 16 c1p2; Ch 5: P 89 c1p3 – c2p2	Training Special Populations	QT: bone adaptation to exercise, axial loading
35	2 A1	Ch 11: P 246 Table 11.14, P 259 Table 11.30, P 260 Table 11.31	Client Consultation and Fitness Assessment	QT: norms for fitness tests
36	2 B4	Ch 16: P 404 c2p1-4, P 406 (box)	Aerobic Exercise Prescription	QT: Karvonen formula, aerobic exercise intensity, functional capacity
37	2 D1	Ch 19: P 513 c1p2, P 514 c2p2	Training Special Populations	QT: exercise guidelines for type 1 diabetes, hypoglycemia

38	2 C1		Nutrition and Weight Management Issues	Reimers, K. "Body Composition Calculations" QT: fat-free weight, lean body mass, fat weight
39	2 A2	Ch 15: P 367 c1p4 – c2p1	Weight Training Exercise Prescription	QT: weight training exercise frequency
40	2 B4	Ch 15: P 370 c2p5 – P 371 c2p4, P 371 Table 15.3, P 373 Table 15.4	Weight Training Exercise Prescription	QT: weight training load assignment, %1RM-repetition relationship
41	2 D1	Ch 18: P 463 c1p4 – c2p1	Training Special Populations	ACOG, "Exercise - Pregnancy and Postpartum" QT: rate of perceived exertion, RPE
42	2 D2	Ch 18: P 463 c2p2-3	Training Special Populations	ACOG, "Exercise - Pregnancy and Postpartum" QT: posture contraindications after third month, supine hypotensive syndrome

Content Area 3: TECHNIQUES OF EXERCISE

PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the <u>NSCA's Essentials of Personal Training</u> Text	<i>Essentials of Personal Training Symposium</i> presentation title	Supplemental Articles, Question Topic(s) (QT), Video tape (V)
1	3 B2	Ch 11: P 237 c2p7 – P 238 c2p1, P 238 Figure 11.8	Client Consultation and Fitness Assessment	QT: sit-and-reach flexibility test protocol
2	3 A2	Ch 4: P 76 Figure 4.12; Ch 13: P 303 (exercise)	Biomechanical Concepts	QT: bent-over row, shoulder joint (muscles and movements allowed), anatomical planes V: category-0:56:49; exercise-0:59:56
3	3 A2	Ch 13: P 324 (exercise); Ch 21: P 546 c2p2, P 549 c1p4 – c2p1	Free Weight & Machine Exercise Techniques	QT: lunge, hip/thigh muscles, hip/knee joint anatomy V: category-0:23:15; exercise-0:33:05
4	3 A1	Ch 13: P 311(exercise)		QT: triceps pushdown
5	3 A2	Ch 13: P 296 c1p3 – c2p1, P 296 Figure 13.1, P 299 c2p2, P 310 (exercise)	Free Weight & Machine Exercise Techniques	QT: lying triceps extension, grip types V: category-1:14:28; exercise-1:15:01

6	3 A1	[partial reference] Ch 13: P 328 (top) (exercise)		QT: machine shoulder press V: category-1:02:41; exercise-1:03:35
7	3 A1	Ch 1: P 4 c2p2; Ch 13: P 319 (exercise)	Free Weight & Machine Exercise Techniques	QT: hip sled, hip/thigh muscles, muscle actions V: category-0:23:15; exercise-0:31:05
14	3 A1	Ch 13: P 323 (exercise)		QT: axis of rotation
17	3 A2	Ch 13: P 298 c2p3-6	Free Weight & Machine Exercise Techniques	QT: weight belt (criteria for use) V: (during the introduction) 0:01:26
20	3 A4	Ch 14: P 338 c2p5 – P 340 c2p2		QT: body position during stair climbing
26	3 A3	Ch 13: P 324 – 325 (exercise)	Free Weight & Machine Exercise Techniques	QT: concentric and eccentric muscle actions of the hip flexors and extensors
27	3 B4	Ch 17: P 432 c2p3 – P 433 c1p2, P 432 Table 17.2, P 433 Table 17.3		QT: plyometric intensity classifications
32	3 A3	Ch 12: P 276 (box)		QT: proper sizing of a stability ball
33	3 B2	Ch 4: P 64 c1p3; Ch 12: P 281 (exercise); Ch 13: P 313 (exercise)		QT: gastrocnemius, soleus, 2-joint muscle
34	3 B4	Ch 17: P 428 c1p2 – c2p2, P 450 (exercise)		QT: amortization, stretch-shortening cycle, eccentric phase
44	3 B1	Ch 14: P 348 c1p5 – P 350 c1p1		QT: running posture and technique
47	3 A2	Ch 13: P 296 c1p3 – c2p1, P 296 Figure 13.1, P 299 c2p2, P 314 (exercise)	Free Weight & Machine Exercise Techniques	QT: spotting criteria, grip types, hand positions

Content Area 4: SAFETY, EMERGENCY PROCEDURES, AND LEGAL ISSUES

PRACTICE EXAM Q#	REFERENCES			
	Detailed Content Outline	Location in the NSCA's Essentials of Personal Training Text	Essentials of Personal Training Symposium presentation title	Supplemental Articles, Question Topic(s) (QT), Video tape (V)
21	4 C1	Ch 24: P 597 c2p1, P 597 c2p4 – P 598 c1p1; Ch 25: P 618 c1p7 – P 619 c2p2	Emergency and Legal Issues in Personal Training	QT: negligence, liability, acts of commission and omission, scope of practice, equipment and facility safety
28	4 A3	Ch 5: P 93 c1p3 – c2p3, P 94 (box); Ch 6: P 115 c1p4 – P 116 c1p1, P 115 (box)	Anaerobic and Aerobic Training Adaptations	QT: signs and symptoms of overtraining
43	4 B1			QT: wound/bleeding first aid
46	4 A1	Ch 24: P 600 c1p5		QT: facility design (spacing of mirrors and equipment)

* These questions are based on the sixth report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC VI), *Arch Intern Med* 157:2413-2446. NIH Publication No. 98-4080, 1997. Future versions of this practice exam (and the actual NSCA-CPT exam) will contain questions based on the seventh report (go to <http://www.nhlbi.nih.gov/guidelines/hypertension/> for more information).

** Options A and B are not appropriate for this client. If a personal trainer needs to determine a client's percentage of body fat, answer "C" is correct because there are formulas that determine %BF based on girth measurements. If an actual percentage of body fat is not needed or desired, clients who are obese are best evaluated by determining their BMI (answer "D").