



# **Secrets of the NCSF-CPT Exam Study Guide: NCSF Test Review for the National Council on Strength and Fitness Personal Trainer Exam (Mometrix Test Preparation)**

*NCSF Exam Secrets Test Prep Team*

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*NCSF Exam Secrets Test Prep Team*

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**\*\*\*Includes Practice Test Questions\*\*\***

**Get the test prep help you need to be successful on the NCSF-CPT test.**

The NCSF-CPT Exam is extremely challenging and thorough test preparation is essential for success. *Secrets of the NCSF-CPT Exam Study Guide* is the ideal prep solution for anyone who wants to pass the NCSF-CPT Exam.

Not only does it provide a comprehensive guide to the NCSF-CPT Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

*Secrets of the NCSF-CPT Exam Study Guide* includes:

- A thorough and detailed overview of the NCSF-CPT exam
- An analysis of the vocabulary: exercise terminology
- A guide to the circulatory system
- An examination of nutrition
- A breakdown of bones
- An in-depth look at training
- An extensive review of circuit training
- A guide to exercise technique
- An examination of fitness tips
- An analysis of testing flexibility
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the National Council on Strength and Fitness (NCSF) Board for Certification expects you to have mastered before sitting for the exam.

**The Vocabulary: Exercise Terminology section covers:**

- Terms

**The Circulatory System section covers:**

- Course of circulation
- The heart
- Cardiovascular system

**The Nutrition section covers:**

- Nutrients key points

**The Bones section covers:**

- Joints
- Types of joints

**The Training section covers:**

- General exercise principles
- Progression- the three stages
- Pyramid system; super-slow training system; cheat system of training

**The Circuit Training section covers:**

- Detraining
- Breathing exercises
- Stretching exercises

**The Exercise Technique section covers:**

- Proper lifting technique- key points
- Push-up
- Lateral raises
- Plank

**The Fitness Tips section covers:**

- Fitness misconceptions
- Exercise in the USA
- Client consultations
- Client's history
- Tests

**The Testing Flexibility section covers:**

- Lipid levels
- Program planning
- Age considerations
- Health considerations
- Pregnancy considerations
- Injuries; risks; guidelines for reducing injury
- Strength and safety guidelines
- Setting up a personal training business

These sections are full of specific and detailed information that will be key to passing the NCSF-CPT Exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual NCSF-CPT Exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

We've helped thousands of people pass standardized tests and achieve their education and career goals.

We've done this by setting high standards for our test preparation guides, and our *Secrets of the NCSF-CPT Exam Study Guide* is no exception. It's an excellent investment in your future.

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**Shirley Morales:**

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