

# NCCPT Practice Test Questions and Answers

## 1. What does NCCPT stand for in personal training certification?

- A) National Council for Certified Personal Trainers
- B) North Carolina Community Physical Therapy
- C) National Committee on Clinical Practice Training
- D) Northeast Conference of Certified Physical Therapists

## 2. What is a fundamental principle of personal training?

- A) Individualized program design based on client goals and fitness level
- B) Using the same workout for all clients
- C) Focusing only on cardiovascular exercise
- D) Avoiding strength training completely

## 3. Which assessment should be conducted before beginning a fitness program?

- A) Health screening and fitness assessment
- B) Financial background check
- C) Social media review
- D) Educational background verification

## 4. What is the recommended approach for exercise progression?

- A) Gradual increase in frequency, intensity, or duration
- B) Maximum intensity from the first session
- C) No progression needed
- D) Decreasing intensity over time

Answers: 1-A 2-A 3-A 4-A

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