

# NCSF-CPT Practice Test Questions and Answers

## 1. What is VO2 max?

- A) The maximum volume of CO2 exhaled during exercise
- B) The maximum rate of oxygen the body can consume during maximal exercise
- C) The resting oxygen consumption at baseline
- D) The oxygen level in the blood at altitude

## 2. What is glycogen?

- A) A type of dietary fat
- B) The stored form of glucose in muscles and the liver
- C) A protein used for muscle repair
- D) A digestive enzyme for carbohydrates

## 3. What does BMI measure?

- A) Percentage of body fat
- B) Ratio of weight to height squared ( $\text{kg}/\text{m}^2$ )
- C) Lean muscle mass index
- D) Visceral fat level

## 4. What is a caloric deficit?

- A) Consuming more calories than you expend
- B) Consuming fewer calories than you expend
- C) Eating zero carbohydrates per day
- D) Burning exactly the calories you consume

**Answers: 1-B 2-B 3-B 4-B**

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