

NSCA-CPT Practice Test Questions and Answers

1. What does CPT stand for in the NSCA certification?

- A) Certified Personal Trainer
- B) Certified Performance Trainer
- C) Certified Physical Therapist
- D) Certified Physiological Trainer

2. What is the recommended frequency for resistance training for beginners?

- A) 1-2 times per week
- B) 2-3 times per week
- C) 4-5 times per week
- D) Daily training

3. Which muscle group is primarily targeted during a squat exercise?

- A) Biceps and triceps
- B) Chest and shoulders
- C) Quadriceps and glutes
- D) Back and core only

4. What is the FITT principle in exercise programming?

- A) Flexibility, Intensity, Time, Type
- B) Frequency, Intensity, Time, Type
- C) Functional, Integrated, Targeted, Training
- D) Fitness, Individual, Technical, Training

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

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