
NCSF Exam Study Guide with complete solution

Sugar - What is the only fuel source that can be used during anaerobic metabolism?

Carbohydrates, lipids (fats) - _____ serve as the primary fuel for exercise, while _____ are primarily used during rest and low-intensity physical activity.

Aerobic metabolism can occur using what fuel sources? - Carbohydrates, fats, protein and various associated substrates

What is the primary fuel source during 1) a vertical jump, 2) a 3RM deadlift, and 3) a 10-second sprint? - 1) stored ATP, 2-3) stored creatine phosphate

What are the primary storage sites for glycogen within the body? - Skeletal muscle (~400g) and the liver (~95g)

How much rest is needed to fully recover from an exercise that significantly drains creatine phosphate stores within a muscle? - 2-5 minutes

As a client increases their VO_2max , he or she will have a lower _____ during any sub-maximal exercise intensity; this is mainly attributed to an increase in _____. - Heart rate, stroke volume

Cardiac output is a product of: - Stroke volume x heart rate

Cellular metabolism using oxygen and various substrates for fuel occurs in the: - Mitochondria

What muscle fiber type has the lowest capacity to produce force? - Type I (slow-twitch oxidative)

Slow oxidative muscle fibers have the smallest relative _____ and are primarily fueled via _____ metabolism. - Diameter; aerobic

Following high-intensity exercise, a client may continue to burn additional calories for a number of hours due to a phenomenon known as: - Excess post-exercise oxygen consumption (EPOC)

What mineral is released from the sarcoplasmic reticulum to initiate the cascade of events leading to a muscular contraction? - Calcium

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Dr Chandresh Agrawal, nandini books

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Secrets of the NCSF-CPT Exam Study Guide Ncsf Exam Secrets Test Prep, 2018-04-12 Includes Practice Test Questions

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its core sport governance encompasses two key elements power and decision making To truly grasp a sport organization s purpose and structure it s essential to understand who wields power and which decisions are made by those who possess it Regrettably the abuse of power coupled with ineffective governance and lackluster leadership has fostered widespread

corruption within sport organizations a situation that calls for a renewed commitment to practicing principles of good governance and restoring integrity and ethical conduct In response the updated and enhanced Governance in Sport Analysis and Application Second Edition aims to equip students with the skills to navigate both ordinary and extraordinary situations encountered in the oversight and authority of sport organizations at all levels of sport Governance in Sport examines sport governance from three broad analytical and applied perspectives A legal and managerial overview of practices processes and policies in sport organizations encompassing ethical behavior effective leadership decision making and policy development A framework of the structures and functions of regulatory agencies that govern state national regional and international sports An applied overview of governance and authority in selected sectors of the industry including professional sports amateur sports sports media sports betting esports and more Through examinations of contemporary hot button issues and compelling new case studies covering the Ukraine invasion Brittney Griner transgender athletes in sports LIV Golf versus the PGA conference realignment name image and likeness NIL issues the Kanjuruhan Stadium catastrophe and the workplace misconduct in the Washington Commanders organization students will see how governance differs in sport organizations at various levels in the United States and around the world Additional new features include the following Headlines begin each chapter calling out incidents of corruption within the sport industry Rules and Regulations Corners provide quick overviews of policies and laws affecting weighty issues Combating Corruption sections offer best practices for preventing and minimizing behavior deemed illegal unethical or counterintuitive Governance in Action case sidebars explore real world examples of conflicts and conundrums related to the chapter topic and include discussion questions suggested responses to the questions can be found in the instructor guide Recorded lectures by author Bonnie Tiell are available for each chapter of the book Instructors can use these videos to enhance their lectures With Governance in Sport students will develop an understanding of where power resides how decisions are made and the impact of those factors on the goals and structures of sport organizations

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