Certified CrossFit Trainer (CCFT) L3 Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- **Practice answering questions under realistic conditions,**
- **Improve accuracy and speed,**
- **Review explanations to strengthen weak areas, and**
- **Approach the exam with greater confidence.**

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here’s how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don’t just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There’s no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

1. Which statement about the glenohumeral joint is correct?

- **A. It is a true synovial joint and the most mobile joint in the human body**
- **B. It is a hinge joint**
- **C. It has no ligaments**
- **D. It is a fibrous joint**

2. Are the hamstrings a two-joint muscle group and is their hip function influenced by knee position?

- **A. Yes, they are a two-joint muscle group and their hip function is influenced by knee position**
- **B. No, they are single-joint muscles**
- **C. They are three-joint muscles**
- **D. They are only knee extensors**

3. Which description best defines a complete protein source?

- **A. Plant sources that include all nine essential amino acids**
- **B. Soy is the only protein that contains all essential amino acids**
- **C. Comes from animals and has all nine essential amino acids**
- **D. Contains all essential amino acids but is derived from only grains**

4. High Density Lipoprotein (HDL): Wellness value mg/dl?

- **A. <40 mg/dl**
- **B. <60 mg/dl**
- **C. 40-59 mg/dl**
- **D. 60-79 mg/dl**

5. Which lipoprotein is primarily produced by the liver?

- **A. Chylomicrons**
- **B. HDL**
- **C. VLDL**
- **D. IDL**

6. Which muscles are listed as superficial spine muscles?

- **A. Spinal erectors: iliocostalis, longissismus, spinalis**
- **B. Rectus abdominis and external obliques**
- **C. Transversus abdominis and internal obliques**
- **D. Latissimus dorsi, trapezius, rhomboids, gluteus maximus**

7. Which property is identified as a component of Potential Performance Velocity?

- **A. High Oxygen Transport Capacity**
- **B. High Fatigue Resistance in working muscles**
- **C. High Efficiency to transfer of physiological work to mechanical movement**
- **D. Low oxygen transport capacity**

8. Which statement describes the center of gravity?

- **A. A point the body's center of gravity falls towards if gravity is not overcome**
- **B. A point where the total mass of the body is considered to be concentrated**
- **C. The fulcrum of the body's balance**
- **D. A point where the body's maximum weight is applied**

9. Which cue corrects line of action by encouraging hip movement during a squat?

- **A. Block the knees' forward travel with the hand at initiation of the descent**
- **B. Push hips back and down**
- **C. Arch the back**
- **D. Look up**

10. Pivot joints are joints that allow which primary movement?

- **A. Hinge joints**
- **B. Pivot joints**
- **C. Ball and socket joints**
- **D. Gliding joints**

Answers

1. A
2. A
3. C
4. C
5. C
6. D
7. A
8. B
9. A
10. B

Explanations

1. Which statement about the glenohumeral joint is correct?

A. It is a true synovial joint and the most mobile joint in the human body

B. It is a hinge joint

C. It has no ligaments

D. It is a fibrous joint

The glenohumeral joint is a ball-and-socket synovial joint formed by the head of the humerus and the glenoid cavity of the scapula, which allows a vast range of motion in multiple directions. Because it is a true synovial joint, it has a joint capsule with a synovial lining and fluid, articular cartilage, and reinforcing ligaments, plus dynamic stabilization from the rotator cuff. This combination makes it the most mobile joint in the body, capable of flexion, extension, abduction, adduction, internal and external rotation, and circumduction. The other statements are inconsistent with its anatomy: it is not a hinge joint, it does have ligaments, and it is not a fibrous joint.

2. Are the hamstrings a two-joint muscle group and is their hip function influenced by knee position?

A. Yes, they are a two-joint muscle group and their hip function is influenced by knee position

B. No, they are single-joint muscles

C. They are three-joint muscles

D. They are only knee extensors

The hamstrings cross two joints—the hip and the knee. They run from the pelvis to the lower leg and work to extend the hip and bend the knee. Because they span both joints, the angle of the knee changes the length and tension of the hamstrings when they act on the hip. When the knee is more extended, the hamstrings are longer across both joints, which can place them on a less favorable part of the length-tension curve for hip extension; when the knee is flexed, their length across the knee changes, altering the hip-extensor capacity. So yes, they are a two-joint group, and their hip function is influenced by knee position.

3. Which description best defines a complete protein source?

A. Plant sources that include all nine essential amino acids

B. Soy is the only protein that contains all essential amino acids

C. Comes from animals and has all nine essential amino acids

D. Contains all essential amino acids but is derived from only grains

Complete proteins provide all nine essential amino acids in adequate amounts. Animal-derived foods—such as meat, fish, eggs, and dairy—consistently deliver all nine amino acids in the right balance, making them reliable complete protein sources. Many plant foods do not offer all nine essential amino acids by themselves, though a few do (like soy or quinoa); in contrast, the general statement that plant sources inherently contain all nine is not accurate. So describing a complete protein as coming from animals with all nine essential amino acids best matches the standard definition.

4. High Density Lipoprotein (HDL): Wellness value mg/dl?

A. <40 mg/dl

B. <60 mg/dl

C. 40-59 mg/dl

D. 60-79 mg/dl

HDL is the “good” cholesterol that helps remove cholesterol from arteries, reducing cardiovascular risk. For most adults, the wellness target for HDL-C is the range of about 40 to 59 mg/dl. Below 40 mg/dl is considered too low and associated with higher risk, while levels of 60 mg/dl and above are protective and higher values can be seen as favorable, but the standard wellness range sits at 40–59 mg/dl. Therefore, 40–59 mg/dl best represents the typical wellness value.

5. Which lipoprotein is primarily produced by the liver?

A. Chylomicrons

B. HDL

C. VLDL

D. IDL

The liver’s main job here is to package endogenous fats for export, and that is done by very-low-density lipoprotein. Hepatocytes assemble triglycerides and cholesterol into VLDL and release it into the bloodstream to deliver these fats to peripheral tissues. Chylomicrons, in contrast, are formed in the intestinal mucosa from dietary fats. HDL is produced by both the liver and the intestine and functions largely in reverse cholesterol transport, not primarily as the liver’s export vehicle for endogenous lipids. IDL is a downstream lipoprotein that results after VLDL loses triglycerides. So the lipoprotein most characteristically produced by the liver is VLDL.

6. Which muscles are listed as superficial spine muscles?

A. Spinal erectors: iliocostalis, longissismus, spinalis

B. Rectus abdominis and external obliques

C. Transversus abdominis and internal obliques

D. Latissimus dorsi, trapezius, rhomboids, gluteus maximus

Understanding which muscles sit closest to the surface on the back helps distinguish superficial spine muscles from deeper or non-spinal groups. The muscles listed—latissimus dorsi, trapezius, rhomboids, and gluteus maximus—form the outer layer of the posterior chain. They are large, surface-level muscles that cover and stabilize the back and shoulder region, contributing to movements of the shoulder girdle and hip as part of the superficial musculature near the spine. In contrast, the spinal erectors (iliocostalis, longissimus, spinalis) run along the spine as deeper, intrinsic back muscles that primarily support and extend the spine. Abdominal muscles like the rectus abdominis, external obliques, transversus abdominis, and internal obliques are located anteriorly or deeper in the core. Because the question targets superficial spine muscles, the best choice includes those surface-level back and posterior-chain muscles, such as latissimus dorsi, trapezius, rhomboids, and gluteus maximus.

7. Which property is identified as a component of Potential Performance Velocity?

A. High Oxygen Transport Capacity

B. High Fatigue Resistance in working muscles

C. High Efficiency to transfer of physiological work to mechanical movement

D. Low oxygen transport capacity

Potential Performance Velocity hinges on how effectively the body can deliver and use oxygen during work. When oxygen transport capacity is high, the cardiovascular system can move more oxygen to the muscles, supporting greater aerobic energy production. This lets you sustain faster speeds for longer before fatigue from anaerobic limits and acidosis kick in, effectively expanding the speed you can potently achieve. Fatigue resistance in the muscles describes endurance under fatigue, but it doesn't by itself set how fast you can go at your peak. Efficiency of converting physiological work into movement (movement economy) helps you maintain a given pace more easily, but it doesn't determine the maximum velocity you can reach. Low oxygen transport capacity would limit speed rather than promote it. So, the property that best explains potential for higher velocity is the ability to transport oxygen efficiently to the working muscles.

8. Which statement describes the center of gravity?

A. A point the body's center of gravity falls towards if gravity is not overcome

B. A point where the total mass of the body is considered to be concentrated

C. The fulcrum of the body's balance

D. A point where the body's maximum weight is applied

The center of gravity is the point through which the body's weight can be considered to act; in a uniform gravity field, this point coincides with the center of mass—the average location of all the body's mass. Describing it as a point where the total mass is considered to be concentrated captures this idea, since we often treat all weight as acting at a single point for balance and stability analyses. The other descriptions don't fit: a lever's fulcrum is a different concept, a point for maximum weight isn't a defining feature, and the phrasing about falling toward gravity isn't a standard definition.

9. Which cue corrects line of action by encouraging hip movement during a squat?

A. Block the knees' forward travel with the hand at initiation of the descent

B. Push hips back and down

C. Arch the back

D. Look up

In this question, the movement pattern you're trying to influence is where the weight travels and which joints drive the descent. Encouraging hip movement to lead the squat keeps the torso upright and shifts the line of action toward the hips and posterior chain. Blocking the knees' forward travel with the hand at the start of the descent is the best cue because it physically prevents early knee forward travel, forcing the hips to move back and down first. That hip-first pattern promotes the correct line of action, letting the hips do the driving work and reducing forward knee collapse. Pushing the hips back and down is a solid cue for hip involvement, but if the knees still drive forward, the line of action isn't corrected as effectively. Arching the back or looking up can disrupt spinal alignment and stability, and they don't specifically promote the hip-driven descent this cue targets.

10. Pivot joints are joints that allow which primary movement?

A. Hinge joints

B. Pivot joints

C. Ball and socket joints

D. Gliding joints

Pivot joints enable rotation around a single axis. This type of synovial joint allows one bone to rotate relative to another, giving turning or twisting movement. Examples include the joint that lets you turn your head side to side and the joint that lets you rotate the forearm to pronate and supinate. Other joint types perform different primary movements: hinge joints move mainly by bending and straightening in one plane; ball-and-socket joints allow rotation plus movements in multiple directions; gliding joints provide small sliding movements between bones. So the key movement associated with pivot joints is rotational motion around a single axis.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://crossfitccftl3.examzify.com

We wish you the very best on your exam journey. You've got this!