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## TOP Latest CPT Braindumps Pdf - NASM NASM Certified Personal Trainer Exam - Latest CPT Valuable Feedback

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### NASM Certified Personal Trainer Exam Sample Questions (Q221-Q226):

#### NEW QUESTION # 221

The S.A.I.D. principle applies primarily to

- A. The adaptations for flexibility resulting from dynamic stretching prior to the activity
- **B. The training effect that is specific to the activity being performed**
- C. Deficiencies in the body's ability to adapt to athletic training modalities
- D. Assessment measures for 1RM and VO# Max for the respective sport

**Answer: B**

#### NEW QUESTION # 222

Before a session begins, a client complains of muscle tightness between their shoulder blades and asks the trainer to massage the area. The trainer should

- A. Start the client with some stretching exercises
- B. Massage the area so they can start the session
- **C. Send the client to a chiropractor instead of the session**

- D. Give the client ibuprofen before the session

**Answer: C**

#### **NEW QUESTION # 223**

Body fat should NOT exceed what percentage of total weight in women?

- A. 22%
- B. 15%
- C. 20%
- **D. 25%**

**Answer: D**

#### **NEW QUESTION # 224**

The production of internal tension to overcome external force defines which of the following adaptations?

- A. Endurance
- B. Stability
- **C. Strength**
- D. Power

**Answer: C**

Explanation:

NASM defines strength as the ability of the neuromuscular system to produce internal tension to overcome an external force. This is distinct from stability (ability to maintain postural control), endurance (ability to sustain a force for a prolonged time), and power (ability to produce force quickly).

Strength adaptations occur when muscles are challenged with sufficient resistance, leading to improved recruitment of motor units, greater muscle fiber size, and increased force production capacity. The focus is on maximal tension generation, not necessarily the speed of movement (as with power).

#### **NEW QUESTION # 225**

The Overload Training Principle is also referred to as the

- A. Intensity Progression Principle
- B. Specific Adaptation Principle
- **C. Progressive Adaptation Principle**
- D. Ceiling Effect Principle

**Answer: C**

#### **NEW QUESTION # 226**

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