

CPT Exam Prep and CPT Test Dumps - CPT Exam Question - PracticeMaterial

NASM CPT PRACTICE TEST Questions with Complete Solutions

Which of the following is the recommended rest interval when performing a circuit for phase 5 resistance training?

- a: 0 to 30 seconds
- b: 31 to 60 seconds
- c: 1-2 minutes
- d: 3-5 minutes -Answer- D: 3-5 minutes

Which of the following is part of the marketing mix?

- a: prominence
- b: public
- c: place
- d: professionalism -Answer- C: place

When a client practices self-myofascial release, which of the following physiological changes is the goal?

- a. An increase in joint receptor activity results in an inhibition of muscles around a joint.
- b. A decrease in neurotransmitter activity results in the contraction of a muscle.
- c. A decrease in muscle spindle activity results in the contraction of a muscle.
- d. An increase in Golgi tendon organ activity results in relaxation of a muscle. -Answer- d. An increase in Golgi tendon organ activity results in relaxation of a muscle.

Which of the following is the correct repetition range and tempo for the Stabilization, Strength and Power Phases of the OPT model?

- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive
- b. 12-20/Moderate, 1-10/Explosive, 1-12/Slow
- c. 1-10/Slow, 12-20/Moderate, 1-12/Explosive
- d. 1-10/Moderate, 12-20/Slow, 1-12/Explosive -Answer- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive

After completing the Three-Minute Step Test, a 20-year-old male scored in zone 2. What is the correct heart rate range for when he does cardio training?

- a. 86% to 95% of HR max
- b. 76% to 85% of HR max
- c. 65% to 75% of HR max
- d. 55% to 60% of HR max -Answer- b. 76% to 85% of HR max

Which of the following is the innermost layer of muscular connective tissue?

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NASM Certified Personal Trainer Exam Sample Questions (Q205-Q210):

NEW QUESTION # 205

A trainer is spotting a client who is performing a dumbbell chest press. Which of the following techniques should the trainer use?

- A. Refrain from spotting until the client has passed the "sticking point."
- **B. Determine how many repetitions the client will perform before the start of the set.**
- C. Provide most of the effort for the client to successfully complete the lift.
- D. Provide spotting assistance at the client's elbows.

Answer: B

Explanation:

Proper spotting involves clear communication before the lift to ensure both the client and trainer understand the expectations. The NASM CPT7 Study Guide advises that the trainer and client should agree on the number of reps and the level of assistance before starting any exercise.

For a dumbbell chest press, spotters should assist at the wrists, not the elbows, to better control the weights' path if the client struggles. Providing most of the effort for the client (Option B) removes the training benefit and could be unsafe. Spotting at the elbows (Option C) offers poor control, and refraining from spotting until after the sticking point (Option D) can allow the client to get trapped in a dangerous position. Therefore, the first step is confirming reps and spotting plan before lifting.

NEW QUESTION # 206

When a client performs a rotation chest pass, what is the proper position for the pivoting back leg?

- **A. Triple extension**
- B. Dorsiflexion
- C. Triple flexion
- D. Hyperextension

Answer: A

Explanation:

A rotation chest pass in a power training context uses a pivot of the back leg to generate rotational force.

Proper mechanics require triple extension-simultaneous extension at the hip, knee, and ankle-to produce maximum power from the lower body through the kinetic chain. This extension helps transfer force from the ground through the core to the upper body and into the throw. NASM emphasizes that triple extension is critical in movements involving force generation like sprints, jumps, and rotational throws. Triple flexion is the opposite movement (hip, knee, ankle flexion) and occurs during load absorption phases.

NEW QUESTION # 207

A trainer is instructing a client to perform alternating side lunges. Which of the following auditory cues should the trainer use?

- A. "Start by standing with your feet together."
- **B. "Keep your spine neutral."**
- C. "Land with your foot pointed in the direction you are stepping."
- D. "Lunge as far as possible to improve muscle activation."

Answer: B

Explanation:

When instructing side lunges, NASM emphasizes using specific, safety-focused cues to maintain proper posture and joint alignment. The CPT7 Study Guide notes that spinal alignment should be maintained in a neutral position during all exercises to prevent excessive shear or compressive forces on the vertebrae and intervertebral discs.

For side lunges, the neutral spine cue ensures that the client maintains proper core engagement and avoids lumbar rounding or hyperextension, which can cause undue stress on the back. While "Start by standing with your feet together" (Option B) is an accurate setup detail, it's more of a positional cue rather than an ongoing form-maintenance cue. "Land with your foot pointed in the direction you are stepping" (Option C) could help in some multi-planar movements, but for lateral lunges, the lead foot should typically remain pointed forward to emphasize frontal-plane loading. "Lunge as far as possible" (Option A) risks compromising alignment and safety. Thus, the most appropriate auditory cue is "Keep your spine neutral."

NEW QUESTION # 208

What is the first byproduct of adenosine triphosphate (ATP) production?

- A. Malate
- B. Citrate
- **C. Pyruvate**
- D. Oxaloacetate

Answer: C

NEW QUESTION # 209

Static and dynamic stretching, when properly timed, in a client's routine have been shown to

- A. Increase muscle reaction time
- **B. Improve biomechanical function of muscles and joints**
- C. Improve 1RM when stretches occur just before a set
- D. Increase the hypertonic state of muscle

Answer: B

NEW QUESTION # 210

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