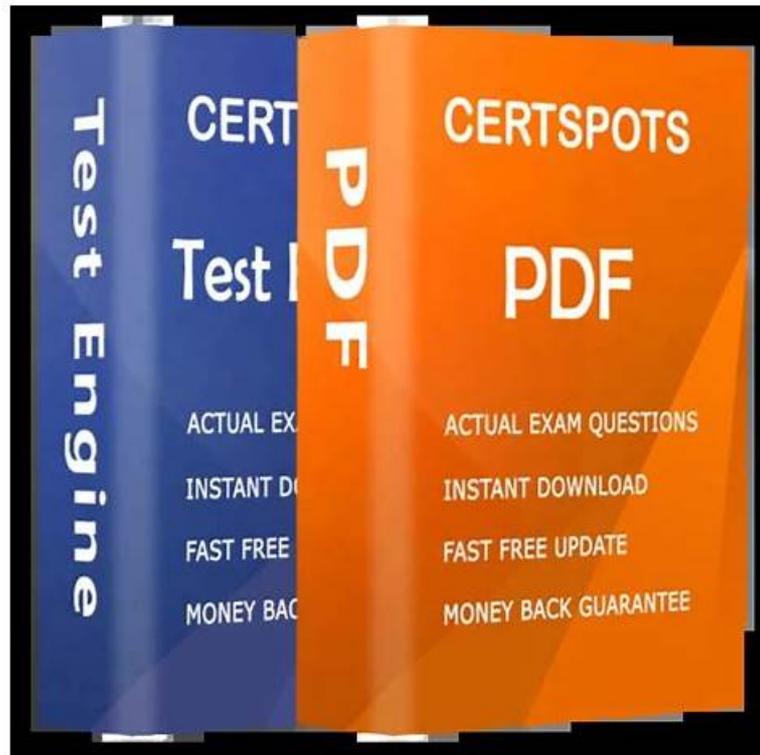


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NASM Certified Personal Trainer Exam Sample Questions (Q11-Q16):

NEW QUESTION # 11

Which of the following is one of the four P's of a marketing plan?

- A. Profession
- B. Performance
- C. Product

- D. Payroll

Answer: C

Explanation:

The Four P's of marketing-Product, Price, Promotion, and Place-are a foundational business concept emphasized in the NASM CPT7 Study Guide. NASM states: "The Four Ps of marketing include product, price, promotion, and place". In a personal training context, the "product" refers to the actual service or program offered-such as private sessions, group training, or online coaching-and the value it brings to the client. It's the core of the marketing message because it defines what you're selling. The other Ps address cost (price), awareness (promotion), and delivery method/location (place). The options profession, performance, and payroll are not part of this established framework. Thus, "Product" is the correct choice.

NEW QUESTION # 12

Which of the following is the appropriate programming for a client who is in Stage 2 of cardiorespiratory training?

- A. Maintain the pace for the entire cardiorespiratory session.
- **B. Maintain beginning pace for 3 min, then increase for 1 min. Repeat.**
- C. Increase speed after 5 min, then decrease for 5 min. Repeat.
- D. Increase the speed every 2 min.

Answer: B

Explanation:

For clients in Stage 2 cardiorespiratory training, the NASM CPT7 Study Guide prescribes alternating between a moderate-intensity base pace and brief intervals at a higher intensity. Specifically, the recommended method is to maintain the starting pace for approximately 3 minutes, followed by a 1-minute increase in intensity (e. g., faster speed or steeper incline), then returning to the base pace. This interval pattern is repeated for the duration of the session. The purpose is to introduce higher-intensity work without overwhelming the client, helping to develop aerobic efficiency and the ability to recover quickly between bouts of harder work .

NEW QUESTION # 13

Which of the following tissues makes up the outermost layer of skeletal muscle?

- A. Perimysium
- **B. Epimysium**
- C. Endomysium
- D. Fasciculus

Answer: B

Explanation:

Skeletal muscle is organized in layers of connective tissue. NASM's CPT7 Study Guide explains that the epimysium is the inner layer of fascia that directly surrounds an entire muscle, often referred to as "deep fascia". This makes it the outermost layer covering the muscle as a whole. Beneath it, muscles are divided into bundles called fascicles, each wrapped in perimysium, and within those, individual muscle fibers are surrounded by endomysium. Thus, the epimysium is the correct choice when referring to the outermost covering of skeletal muscle.

NEW QUESTION # 14

Body weight alone does not distinguish between which of the following body composition factors?

- **A. Fat mass and lean mass**
- B. Lean mass and water mass
- C. Lean mass and bone mass
- D. Fat mass and water mass

Answer: A

NEW QUESTION # 15

If an active smoker is hesitant about beginning an exercise program, it would be appropriate to

- A. Explain that exercise can still improve their lung function
- B. Recommend healthier alternatives to smoking such as using a vape instead
- C. Encourage them to quit and come back when they are down to less than half pack a day
- D. Start their exercise program but only if they agree to get the flu shot beforehand

Answer: A

NEW QUESTION # 16

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