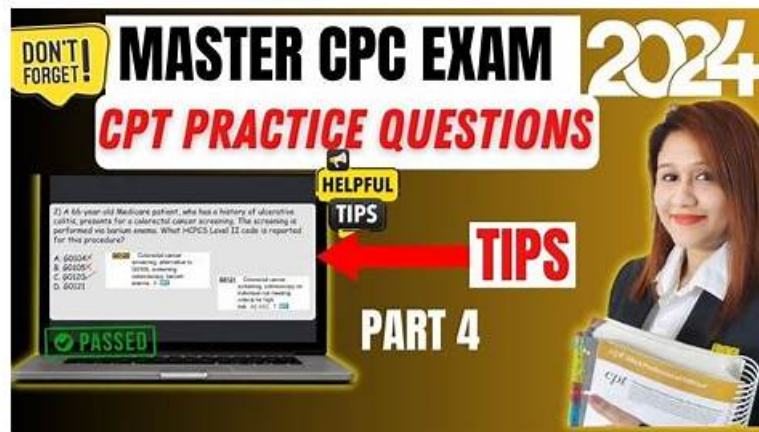


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NASM Certified Personal Trainer Exam Sample Questions (Q62-Q67):

NEW QUESTION # 62

During a single-leg squat assessment, a client's knee moves inward. Which of the following muscles should the client strengthen?

- A. TFL
- **B. VMO**
- C. Adductor complex
- D. Biceps femoris

Answer: B

Explanation:

In the single-leg squat assessment, inward knee movement (knee valgus) indicates a lack of frontal-plane knee stability, often caused by underactivity in the vastus medialis oblique (VMO) and gluteus medius. The NASM CPT7 Study Guide identifies the VMO as a critical stabilizer of the patella and knee joint, especially in terminal extension.

Overactive muscles in this compensation often include the adductor complex and tensor fascia latae (TFL), which pull the knee

inward. Strengthening the VMO and gluteus medius improves knee tracking, preventing valgus collapse. Therefore, VMO strengthening is essential for correcting this compensation.

NEW QUESTION # 63

A client has an overactive lateral gastrocnemius. Which of the following types of flexibility training is appropriate for this client?

- A. Active
- B. Dynamic
- C. Plyometric
- **D. Static**

Answer: D

Explanation:

For an overactive lateral gastrocnemius, the CPT7 guide recommends static stretching to lengthen the muscle and reduce tension via autogenic inhibition. Static flexibility involves holding a stretch for ~30 seconds, allowing the Golgi tendon organs to signal relaxation. This is part of the corrective flexibility approach in NASM's flexibility continuum, used to address overactivity before dynamic or performance-focused stretching. Active or dynamic stretching is better suited for warming up underactive muscles, while plyometric work is not appropriate for addressing overactivity.

NEW QUESTION # 64

The "E" in the FITTE principle refers to which of the following?

- A. Eating frequently during the day
- B. Encouraging others to start a fitness program
- **C. Finding exercise activities that are enjoyable**
- D. Selecting easy activities first in a workout

Answer: C

Explanation:

The FITTE principle is a NASM guideline for designing safe and effective cardiorespiratory programs.

FITTE stands for Frequency, Intensity, Time, Type, and Enjoyment. The "E" refers specifically to Enjoyment, which is the factor of choosing activities the client finds fun and motivating. The Study Guide highlights that enjoyment influences adherence; clients are more likely to continue a fitness program when they look forward to the activities. While "easy activities" or "encouraging others" are unrelated to FITTE's framework, and

"eating" pertains to nutrition, enjoyment directly addresses behavioral sustainability. By incorporating enjoyable elements, trainers increase the likelihood of long-term exercise adoption.

NEW QUESTION # 65

A trainer is working with a client who is obese. If the trainer is unable to assess the intensity via the client's heart rate, which of the following should the trainer use to determine exertion?

- A. Rockport walk test
- B. Karvonen method
- C. YMCA 3-minute step test
- **D. Talk test**

Answer: D

Explanation:

When heart rate monitoring is not feasible-common with certain populations such as clients with obesity- the NASM CPT7 Study Guide recommends using the talk test to gauge exercise intensity.

The talk test is a simple, validated method where the ability to converse during exercise indicates intensity:

Comfortable speech = light to moderate intensity

Speech becomes difficult = approaching vigorous intensity

The Karvonen method (Option A) requires heart rate data, the Rockport walk test (Option C) is a submaximal VO₂ assessment, and the YMCA 3-minute step test (Option D) is another aerobic capacity test-neither is intended for real-time session monitoring

without heart rate. Therefore, the correct method is the talk test.

NEW QUESTION # 66

The trainer's exercise, or program recommendation, should be primarily based on

- A. the client's goals.
- B. what the client can afford.
- C. the client's current caloric intake.
- D. the client's availability.

Answer: A

NEW QUESTION # 67

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