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NASM CPT Practice Test | 100% Correct Answers | Verified | Latest 2024 Version

Davis's law states which of the following?

Select one:

- a. A chronically shortened muscle will demonstrate poor neuromuscular efficiency.
- b. Soft tissue models along the lines of stress.
- c. A tight agonist muscle will decrease neural drive to its functional antagonist.
- d. The body will seek the path of least resistance during functional movement patterns. - ✓✓b. Soft tissue models along the lines of stress

Which of the following muscles is underactive if a client demonstrates an anterior pelvic tilt?

Select one:

- a. Erector spinae
- b. Psoas
- c. Latissimus dorsi
- d. Gluteus maximus - ✓✓d. Gluteus maximus

When assessing an overhead squat, an indication of relative flexibility due to tightness in the lateral gastrocnemius is:

Select one:

- a. the knees moving inward.
- b. external rotation of the feet.
- c. excessive forward lean.
- d. low back arches. - ✓✓b. external rotation of the feet.

When talking to a client, conversational techniques that express the purported meaning of what was just heard are referred to as:

Select one:

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

NEW QUESTION # 11

What is the primary function of the Rate of Perceived Exertion (RPE) scale?

- A. Measures heart rate variability
- B. Calculates maximum daily caloric intake
- C. Determines the ideal weight to lift during resistance training
- D. Assesses the intensity of exercise

Answer: D

NEW QUESTION # 12

Which of the following is included in lipids?

- A. Triglycerides
- B. Glycine
- C. Amino acids
- D. Polysaccharides

Answer: A

Explanation:

Lipids-commonly referred to as fats-include triglycerides, phospholipids, and sterols. The NASM Study Guide specifies: "Lipids are commonly referred to as fats and include triglycerides, phospholipids, and sterols." Triglycerides are the primary form of fat stored in the body and a major energy reserve, especially for prolonged, lower-intensity activity. Each triglyceride molecule consists of glycerol bound to three fatty acids. In contrast, glycine and amino acids are protein components, and polysaccharides are complex carbohydrates (e.g., starches). Lipids are energy dense (9 kcal/gram) and serve not only as a long-term energy source but also play roles in cell membrane integrity, hormone production, and nutrient absorption. Including triglycerides in the definition of lipids aligns directly with NASM's nutritional science section.

NEW QUESTION # 13

The NFPT-recommended recovery heart rate for a client with a size/strength goal is

- A. 140 BPM
- B. 115 BPM
- C. 125 BPM
- D. 100 beats per minute (BPM)

Answer: C

NEW QUESTION # 14

The typical adult skeleton is composed of how many bones?

- A. 0
- B. 1
- C. 2
- D. 3

Answer: A

NEW QUESTION # 15

Which of the following contractions decelerates the muscle while allowing the muscle to return to the starting point of the exercise?

- A. Eccentric
- B. Isometric
- C. Isotonic
- D. Concentric

Answer: A

NEW QUESTION # 16

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