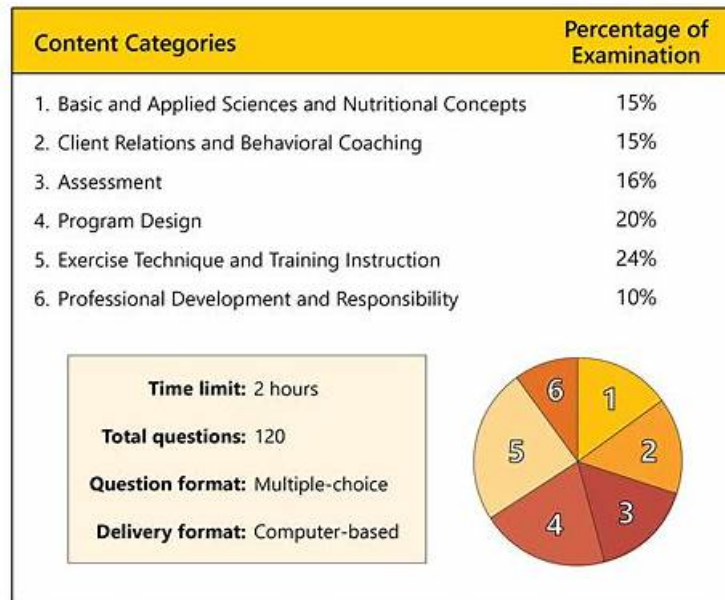


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NASM Certified Personal Trainer Exam Sample Questions (Q42-Q47):

NEW QUESTION # 42

Which of the following is the next phase in the integrated performance paradigm after forces are reduced eccentrically?

- A. Produce isotonically

- B. Produce concentrically
- C. Stabilize eccentrically
- D. Stabilize isometrically

Answer: D

Explanation:

NASM's Integrated Performance Paradigm outlines three sequential phases of efficient movement:

Reduce force eccentrically (control and decelerate)

Stabilize isometrically (hold position to maintain control and alignment) Produce force concentrically (accelerate in the intended direction).

The isometric stabilization phase occurs immediately after the eccentric phase and before concentric acceleration. For example, in a jump, the body first absorbs impact forces eccentrically, then stabilizes to maintain proper alignment and readiness for propulsion, and finally explosively extends joints concentrically to lift off.

The isometric stabilization stage is critical for joint integrity, muscle coordination, and injury prevention, as it allows the neuromuscular system to prepare for the next movement phase. Therefore, following the eccentric force reduction in the performance paradigm, the next step is to stabilize isometrically.

NEW QUESTION # 43

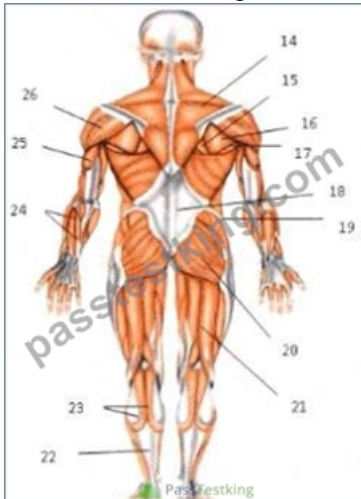
Overstretching a muscle can cause a stretch reflex that results in greater force production. Which proprioceptor is responsible for preventing a muscle from overstretching?

- A. Motor End Plate
- B. Fusiform Muscle
- C. Golgi Tendon Organ
- D. Muscle Spindle

Answer: D

NEW QUESTION # 44

What number in the image refers to the deltoids?



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

Answer: A

NEW QUESTION # 45

What type of resistance is present when training with dumbbells through a full range of motion?

- A. Dynamic Variable Constant Resistance (DVCR)
- **B. Dynamic Constant External Resistance (DCER)**
- C. Static Internal Constant Resistance (SICR)
- D. Static Variable External Resistance (SVER)

Answer: B

NEW QUESTION # 46

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

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

Answer: B

NEW QUESTION # 47

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