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NASM Certified Personal Trainer Exam Sample Questions (Q128-Q133):

NEW QUESTION # 128

The production of internal tension to overcome external force defines which of the following adaptations?

- A. Stability
- B. Power
- C. Endurance
- **D. Strength**

Answer: D

Explanation:

NASM defines strength as the ability of the neuromuscular system to produce internal tension to overcome an external force. This is distinct from stability (ability to maintain postural control), endurance (ability to sustain a force for a prolonged time), and power (ability to produce force quickly).

Strength adaptations occur when muscles are challenged with sufficient resistance, leading to improved recruitment of motor units, greater muscle fiber size, and increased force production capacity. The focus is on maximal tension generation, not necessarily the speed of movement (as with power).

NEW QUESTION # 129

A client's knee moves inward during the single-leg squat assessment. Which of the following muscles may be overactive?

- A. Gluteus maximus
- B. Vastus medialis oblique (VMO)
- **C. Tensor fascia latae (TFL)**
- D. Gluteus medius

Answer: C

Explanation:

In the single-leg squat assessment, inward movement of the knee (valgus collapse) indicates possible overactivity in muscles that internally rotate and abduct the hip, combined with underactivity in muscles that externally rotate and abduct the hip. NASM's movement assessment guidelines identify the tensor fascia latae (TFL), along with the adductor complex and vastus lateralis, as common overactive contributors to knee valgus. The Study Guide links this compensation to "altered length-tension relationships" where overactive TFL can inhibit the gluteus medius and maximus, leading to poor hip stabilization. The valgus motion increases stress on the knee joint and the kinetic chain above and below it. The corrective strategy involves inhibiting and lengthening the overactive TFL through self-myofascial release and static stretching, while activating the underactive gluteal muscles and integrating functional movement patterns. In contrast, the gluteus medius and maximus are typically underactive in this scenario, and the VMO plays a role in patellar tracking rather than causing knee valgus.

NEW QUESTION # 130

In which of the following situations should a trainer refer a client to a medical practitioner?

- **A. When the trainer becomes aware of undiagnosed osteoporosis.**
- B. When the trainer becomes aware of diagnosed diabetes.
- C. When the trainer becomes aware of an undiagnosed allergy.
- D. When the trainer becomes aware of diagnosed hypertension.

Answer: A

Explanation:

NASM's scope-of-practice guidelines clearly state that personal trainers must refer clients to qualified medical professionals when they suspect or become aware of any undiagnosed condition that could impact health and exercise safety. Undiagnosed osteoporosis poses significant risks for fractures and requires a physician's evaluation before beginning or continuing a program. Conversely, diagnosed conditions (like diabetes or hypertension) can be trained for within guidelines, provided the trainer follows physician recommendations.

NEW QUESTION # 131

A realistic goal for a client needing to lose 50 pounds is

- A. 50 pounds in 10 weeks
- B. 1 pound per day
- C. 20 pounds in one month
- **D. 2 pounds a week**

Answer: D

NEW QUESTION # 132

Which of the following is a bone found in the ankle?

- A. Ilium
- B. Calcaneus
- C. Metacarpal
- **D. Talus**

Answer: D

NEW QUESTION # 133

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