

# Latest CPT Braindumps Sheet - CPT Test Questions Pdf

## CPT TEST

CPT stands for... - answerCommon Procedural Terminology

Who is responsible for maintaining the CPT code set? - answerAMA's CPT Editorial Panel

HCPCS stands for... - answerHealthcare Common Procedure Coding System

What are the levels of HCPCS? - answerLevel I: AMA CPT Code Set; makes up the majority of the HCPCS  
Level II: National Code Set

Each level is its own unique coding system.

Who updates CPT? When is CPT updated and when do the updates take effect? - answerUpdates are done by AMA CPT Editorial Panel.  
Updated annually; released in the fall but effective on Jan 1 of every year.

What do CPT codes look like? - answerEach procedure or service code is identified with a 5-digit code or a 5-character alphanumeric code.  
Two-digit modifiers.

What are HCPCS Level II codes? When are they updated and Who maintains them? - answerNational Codes that describe services and supplies not found in the CPT code set (examples: durable medical equip, ambo svc, med & surg supplies, drugs, orthotics/prosthetics).  
Updated annually; Maintained by CMS

What are the CPT Categories? - answerCat I, Cat II, CatIII

What are CPT Category I codes? - answerProcedure or services with 5-DIGIT CPT codes and descriptor code set.

What are CPT Category II codes? - answerCode set developed for optional reporting of performance measurement. These are intended to facilitate data collection by encoding specific services and/or test results that have exhibited evidence-based results for contributing to positive health outcomes and quality patient care.

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Facing the incoming NASM CPT Exam, you may feel stained and anxious, suspicious whether you could pass the exam smoothly and successfully. Actually, you must not impoverish your ambition. Our suggestions are never boggle at difficulties. It is your right time to make your mark. Preparation of exam without effective materials is just like a soldier without gun.

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## NASM Certified Personal Trainer Exam Sample Questions (Q186-Q191):

### NEW QUESTION # 186

A trainer notices that a client's arms fall forward during an overhead squat assessment. Which of the following muscles may be underactive?

- A. Erector spinae
- B. Latissimus dorsi
- **C. Lower trapezius**
- D. Pectoralis minor

**Answer: C**

Explanation:

When a client's arms fall forward during the Overhead Squat Assessment, NASM identifies this as an indication of overactive/shortened muscles (e.g., latissimus dorsi, pectoralis major/minor, teres major) and underactive/lengthened muscles such as the lower trapezius, middle trapezius, rhomboids, and rotator cuff.

The lower trapezius plays a critical role in scapular depression and upward rotation, helping keep the arms aligned overhead.

Weakness in this muscle allows the scapulae to tip forward, contributing to the observed compensation. Strengthening the lower trapezius improves shoulder stability and posture during overhead movements. This is supported in NASM's corrective exercise strategies for the shoulder complex in the movement assessments section.

### NEW QUESTION # 187

A client sets a goal to jog for 1 hour 3 days per week and attend two personal training sessions per week. This is an example of which of the following types of goals?

- A. Short-term
- **B. Process**
- C. Long-term
- D. Outcome

**Answer: B**

Explanation:

NASM clearly differentiates between process goals (specific actions or behaviors) and outcome goals (the end result). Process goals focus on what you will do—the behaviors that lead to an outcome. The Study Guide gives examples such as "Jog for 45 minutes starting at 6:30 a.m. Monday-Friday" or "Strength training 5 days per week." In this case, the client's plan—"jog for 1 hour 3 days per week and attend two personal training sessions per week"—is a description of specific, repeatable behaviors, not the final achievement (e.g., losing

10 pounds or completing a race). Process goals are crucial because they are entirely within the client's control, build consistency, and lead toward long-term success. NASM emphasizes that focusing on process goals can improve adherence and motivation, as progress is measurable by completion of the planned actions, regardless of the final outcome.

### NEW QUESTION # 188

For general fitness goals, aerobic activity should be performed at no higher than which intensity?

- **A. 70%**
- B. 80%
- C. 50%
- D. 60%

**Answer: A**

### NEW QUESTION # 189

Which of the following is the MOST effective approach to athlete programming?

- A. Primarily focus on cross training activities, with supplemental primary sport training
- **B. Primarily focus on activities for the client's primary sport, with supplemental cross training**
- C. Perform activities focused on cross training, with no specific training primary sport
- D. Perform activities focused on the client's primary sport, with no cross training

**Answer: B**

#### NEW QUESTION # 190

In the resistance training portion of maximal strength training, which of the following is the appropriate repetition range?

- A. 20 to 25
- B. 12 to 15
- C. 6 to 10
- **D. 1 to 5**

**Answer: D**

Explanation:

In maximal strength training (Phase 4 of the OPT model), the NASM CPT7 Study Guide prescribes a repetition range of 1 to 5 to optimize maximal force output. This phase uses heavy loads (85-100% of 1RM) with longer rest periods (3-5 minutes) to promote neural adaptations, increased motor unit recruitment, and enhanced intramuscular coordination. The focus is on improving absolute strength rather than hypertrophy or muscular endurance.

#### NEW QUESTION # 191

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