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NASM Certified Personal Trainer Exam Sample Questions (Q152-Q157):

NEW QUESTION # 152

A trainer is developing an exercise program for a new client who states that she has had trouble sticking to a workout routine in the past. Which of the following actions should the trainer take to promote adherence?

- A. Educate the client about time management.
- **B. Ask the client open-ended questions.**
- C. Educate the client about the OPT model.
- D. Ask the client closed-ended questions.

Answer: B

Explanation:

NASM's behavioral coaching guidelines emphasize using open-ended questions to build rapport, gather detailed client information, and promote self-reflection-especially for clients with a history of inconsistent exercise adherence. Open-ended questions cannot be answered with a simple "yes" or "no"; instead, they invite the client to elaborate on challenges, preferences, motivations, and barriers. Examples include: "What challenges have you faced in maintaining a workout routine?" or "How might you fit exercise into your current schedule?" This approach supports motivational interviewing, a coaching style NASM endorses for improving intrinsic motivation and self-efficacy. Closed-ended questions limit dialogue, and while educating about time management or the OPT model is valuable, it doesn't first address the psychological and behavioral aspects that influence adherence. By starting with open-ended questions, the trainer can tailor solutions that resonate with the client's personal circumstances and goals.

NEW QUESTION # 153

When a client is performing a dumbbell chest press, the trainer should spot the client in which of the following locations?

- A. Elbows
- B. Dumbbell
- C. Forearms
- **D. Wrist**

Answer: D

Explanation:

When spotting a dumbbell chest press, NASM recommends placing the hands at the client's wrists to help control the path of the dumbbells without restricting elbow movement.

Spotting at the elbows or forearms offers less stability and could allow the weight to drift into unsafe positions. Holding the dumbbells directly can disrupt the client's grip and balance. By spotting at the wrists, the trainer can assist only as much as needed while allowing the client to maintain proper form.

NEW QUESTION # 154

A client has been engaged in a comprehensive aerobic training program for six months and has improved their cardiorespiratory fitness. Over this period, which of the following variables is LEAST likely to have changed as a direct result of the client's aerobic training?

- A. Systolic blood pressure
- B. VO2 Max
- **C. Maximal heart rate**
- D. Resting heart rate

Answer: C

NEW QUESTION # 155

What is flexibility?

- A. The ability to maintain a stretch for an increasing amount of time.
- **B. The ability to move muscles and joints through their full range of motion.**
- C. The muscle tension that is achieved through the stretch.
- D. The capacity for muscles to contract with maximal force production.

Answer: B

NEW QUESTION # 156

Which term describes the client's target heart rate prior to performing the next set?

- A. Maximal
- **B. Recovery**
- C. Post-set
- D. Resting

Answer: B

NEW QUESTION # 157

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