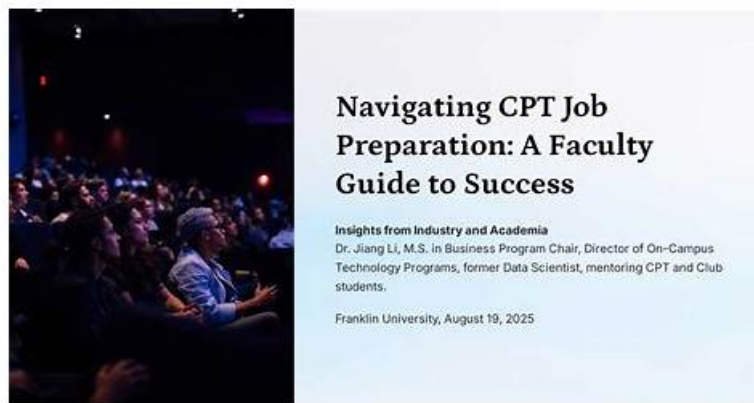


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## NASM Certified Personal Trainer Exam Sample Questions (Q13-Q18):

### NEW QUESTION # 13

A client is doing single-leg scaptions and is raising the dumbbells at an improper angle. How should the trainer cue the client?

- A. Lift the dumbbells at a 25 degree angle.
- B. Lift the dumbbells straight out to the sides.
- C. Lift the dumbbells at a 45 degree angle.
- D. Lift the dumbbells in front of the shoulders.

**Answer: C**

Explanation:

A scaption is a shoulder exercise where the arms are raised in the scapular plane, which is approximately 45 degrees between the frontal and sagittal planes. The NASM CPT7 Study Guide explains that this position aligns the glenohumeral joint and reduces impingement risk.

Lifting directly in front of the shoulders (Option B) is a front raise, and lifting directly out to the sides (Option D) is a lateral raise. A 25-degree angle (Option C) is too narrow to be in the optimal scapular plane.

Therefore, the proper cue for a single-leg scaption is to lift at a 45-degree angle.

#### NEW QUESTION # 14

Which of the following is the MOST crucial for an emergency situation?

- A. 22%
- B. An emergency medical plan that includes proper response training
- C. 25%
- D. 20%

**Answer: C**

#### NEW QUESTION # 15

A trainer is holding a consultation with a new client who is in the preparation stage of change. Which of the following actions should the trainer take first?

- A. Perform the shark skill test.
- B. Design a new workout program using the OPT model.
- C. Lead her through a challenging workout.
- D. Discuss realistic expectations with her.

**Answer: D**

Explanation:

In the preparation stage of the Transtheoretical Model, the client is getting ready to start regular activity but has not yet established a consistent routine. The NASM CPT7 Study Guide emphasizes that the trainer's initial focus should be on building rapport, setting realistic expectations, and helping the client develop a clear plan rather than jumping into testing or advanced program design. This discussion fosters motivation, commitment, and clarity, ensuring the client transitions smoothly into regular training with sustainable habits.

#### NEW QUESTION # 16

To avoid muscle strains, joint pain, and emotional fatigue, which of the following concepts should be implemented?

- A. Mechanical specificity
- B. Neuromuscular specificity
- C. Vertical loading
- D. Periodization

**Answer: D**

Explanation:

Periodization is the systematic planning of training to prevent overtraining, reduce the risk of injury, and promote continual progress. NASM emphasizes that by cycling through phases of varying intensity, volume, and rest, trainers can avoid muscle strains, joint pain, and emotional fatigue. The OPT model itself is a form of periodization, ensuring clients have structured progression from stabilization to power while incorporating recovery periods.

#### NEW QUESTION # 17

Body weight alone does not distinguish between which of the following body composition factors?

- A. Lean mass and water mass
- B. Fat mass and water mass
- C. Lean mass and bone mass
- D. Fat mass and lean mass

**Answer: D**

#### NEW QUESTION # 18

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