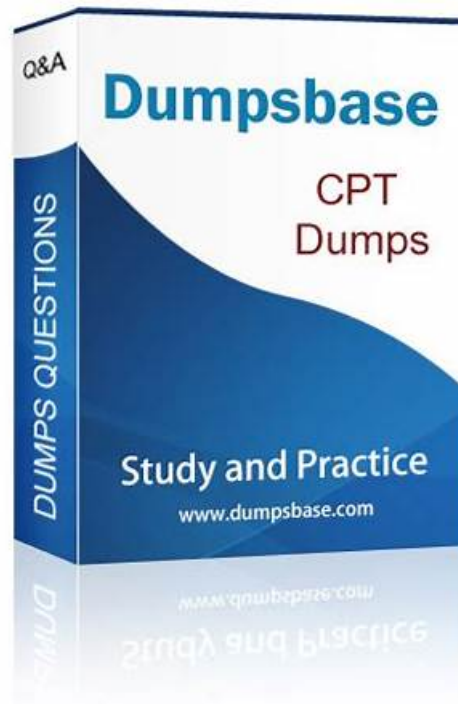


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NASM Certified Personal Trainer Exam Sample Questions (Q178-Q183):

NEW QUESTION # 178

What is the principle enzyme that breaks down carbohydrates?

- A. Amylase
- B. Protease
- C. Lipase
- D. Pepsin

Answer: A

NEW QUESTION # 179

Which of the following common upper-body exercises is considered contraindicated for any client?

- A. Seated lat pulldown with bar in front
- B. Dumbbell chest press on a stability ball
- C. Seated lat pulldown with bar behind
- D. Alternating dumbbell chest press

Answer: C

Explanation:

NASM lists the behind-the-neck lat pulldown as a contraindicated exercise for all clients due to the unnatural shoulder and cervical spine positioning it requires. Pulling the bar behind the head forces the shoulders into extreme external rotation and horizontal abduction, increasing the risk of impingement and neck strain. The guide recommends safer alternatives such as the front lat pulldown or pull-ups, which allow proper scapular movement and maintain neutral cervical alignment.

NEW QUESTION # 180

A trainer notices a client shrug their shoulders during a cable press. Which of the following stretches should the trainer recommend to help the client lengthen the overactive muscles?

- A. Static erector spinae stretch
- B. Static soleus stretch
- C. Static upper trapezius/scalene stretch
- D. Static ball latissimus dorsi stretch

Answer: C

Explanation:

When a client shrugs their shoulders during a cable press, NASM's movement assessment principles indicate overactivity of the upper trapezius and scalenes-secondary muscles of respiration and neck movement. The guide points out in the respiratory system section that "abnormal breathing patterns... are associated with the use of secondary respiratory muscles (sternocleidomastoid, upper trapezius, or scalenes)." Overactivity in these muscles during upper body pushing movements reflects compensations, often due to weakness or under-recruitment of the prime movers (pectorals, deltoids, triceps) or stabilizers. Static stretching is recommended for overactive muscles to restore normal length-tension relationships. The "static upper trapezius/scalene stretch" directly addresses the tightness and helps improve overhead or forward pressing mechanics by reducing unwanted scapular elevation. Other stretches listed in the options (soleus, erector spinae, latissimus dorsi) target entirely different regions-lower leg, lower back, or lateral back muscles-and would not address the observed compensation. This correction aligns with NASM's flexibility continuum: inhibit (SMR) # lengthen (static stretch) # activate (strengthen underactive muscles) # integrate (dynamic movements), restoring balanced shoulder mechanics.

NEW QUESTION # 181

Which type of stretch is BEST to incorporate in a warm-up prior to a workout that can increase muscular power?

- A. Facilitated
- B. Static
- C. Dynamic
- D. Passive

Answer: C

NEW QUESTION # 182

Which of the following is the MOST appropriate recommendation for a resistance training program for fat loss and endurance?

- A. 2 day split routine
- B. 3 day split routine
- C. 4 day split full cardio routine
- **D. 3 day split total body circuit routine**

Answer: D

NEW QUESTION # 183

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