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NASM Certified Personal Trainer Exam Sample Questions (Q106-Q111):

NEW QUESTION # 106

Which of the following is the most readily available form of fuel used by the tissues of the brain, nervous system, and muscles?

- A. Fat
- B. Protein
- **C. Glucose**
- D. Fiber

Answer: C

Explanation:

In NASM's Exercise Metabolism and Bioenergetics section, glucose is defined as "the simplest form of carbohydrate used by the body for energy." The Study Guide clearly states that carbohydrates are broken down into glucose, which is the most readily available form of fuel for the brain, nervous system, and muscles. Glucose can be rapidly metabolized through glycolysis to produce ATP, making it essential during both rest and high-intensity activities. Glycogen-its stored form-is limited, but glucose in the

bloodstream is immediately accessible, especially to tissues that rely heavily on carbohydrate metabolism, such as the brain (which cannot use fat directly as fuel). The guide also notes that "the fuels used to create ATP are glucose from carbohydrates, free fatty acids from fat, amino acids from protein, and ketone bodies," but fat oxidation is slower and protein is typically reserved for structural and enzymatic roles. Fiber is a non-digestible carbohydrate and thus not a fuel source. Therefore, glucose is the correct answer as the "most readily available" substrate for immediate energy needs across the nervous and muscular systems, supporting rapid ATP regeneration during movement and cognitive tasks.

NEW QUESTION # 107

Performing a series of resistance training exercises one after another with short rests in between exercises is

- A. interval training
- B. circuit training
- C. super setting
- D. rest-pause

Answer: B

NEW QUESTION # 108

A trainer meets an individual who is exercising inconsistently and has taken steps toward a regular exercise program. The trainer should identify that this person is in which of the following Stages of Change?

- A. Contemplation
- B. Action
- C. Precontemplation
- D. Preparation

Answer: D

Explanation:

Someone exercising inconsistently but taking steps toward a regular exercise program is in the preparation stage of change. The CPT7 guide describes this stage as when an individual is planning to take action soon and may be making small behavioral changes, such as occasional workouts, but has not yet established a consistent pattern. Recognizing this stage allows the trainer to focus on strategies that reinforce the client's readiness and help them progress toward the action stage.

NEW QUESTION # 109

Protein that is broken down in the stomach and then further broken down in the small intestine forms

- A. fatty acids
- B. simple sugars
- C. amino acids
- D. complex carbs

Answer: C

NEW QUESTION # 110

A trainer notices that a client is having difficulty performing a push-up on a stability ball. Which of the following modifications should the trainer make?

- A. Switch the client to a medicine ball chest pass.
- B. Have the client perform a floor push-up.
- C. Instruct the client to perform a plyometric push-up.
- D. Elevate the client's feet onto a bench.

Answer: B

Explanation:

The NASM CPT7 Study Guide emphasizes progression and regression strategies to match exercises to a client's current ability, ensuring proper form, safety, and confidence building. When a client struggles with a push-up on a stability ball, it typically means the instability challenge is too high, making it difficult to maintain core control and upper body strength simultaneously. NASM explains that regression "reduces the complexity or intensity of an exercise to allow the client to perform the movement pattern with proper alignment and control".

Performing a floor push-up provides a more stable surface, reduces instability demands, and allows the client to focus on proper alignment (neutral spine, controlled tempo, full range of motion). Once they master this, the trainer can gradually progress back to unstable surfaces for additional core activation.

By contrast, elevating the feet increases difficulty, plyometric push-ups add explosive demands, and switching to a medicine ball chest pass changes the exercise entirely from a stability strength movement to a power drill.

Therefore, the correct regression in this scenario-aligned with NASM's progressive training principles-is to move the client to a floor push-up before reintroducing instability.

NEW QUESTION # 111

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