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CPT EXAM WITH COMPLETE SOLUTIONS

CPT correct answer: Current procedural terminology

CPT is used for correct answer: reporting services and procedures by physicians

CPT is updated correct answer: Annually by the AMA

AMA correct answer: is the American medical association

How many categories are there in CPT correct answer: 3

CPT contains the following categories correct answer: Category I, services and procedures, category II supplemental codes, and category III are temporary codes for emerging technologies

CPT is composed of how many sections correct answer: 8

CPT sections correct answer: guidelines that provide specific coding rules for that section

CPT guidelines correct answer: usually contain definitions of terms, applicable modifiers, subsection information, unlisted services, specific reports information, or clinical examples.

CPT sections named are correct answer: E/M, Anesthesia, Surgery, Radiology, Pathology and Laboratory, medicine, Category 2, and category 3

CPT coding's format is correct answer: indented

CPT stand alone codes correct answer: contain the full description of the procedure code

CPT indented codes correct answer: listed under associated stand alone codes

CPT add-on codes correct answer: used for procedures that is always performed during the same operative session as another surgery in addition to a primary service

CPT services rendered by a physician correct answer: uses a 5 digit numeric system

Modifiers correct answer: give an accurate description of the services

CPT triangle correct answer: represents a changed code description since last edition

CPT two facing triangles correct answer: represent changes in the text or definition between the triangles

CPT plus sign correct answer: indicates an add on code

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NASM Certified Personal Trainer Exam Sample Questions (Q88-Q93):

NEW QUESTION # 88

Which of the following statements best describes a characteristic of zone two of stage training?

- A. "This zone is a true high-intensity workout and cannot be sustained for long periods of time."
- B. "The heart rate consists of 86 to 90 percent of the predicted maximum heart rate."
- C. "This zone is a recovery zone."
- D. "This zone requires individuals to train near their anaerobic threshold."

Answer: D

NEW QUESTION # 89

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 # 90

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

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

Answer: C

NEW QUESTION # 91

Which of the following medications is prescribed for arrhythmias?

- A. Bronchodilators
- B. Diuretics
- C. Nitrates
- D. Beta-blockers

Answer: D

Explanation:

Beta-blockers are commonly prescribed medications for arrhythmias (abnormal heart rhythms), as well as for conditions like hypertension and certain forms of heart failure. The NASM CPT7 Study Guide explains that cardiovascular disease includes "heart rate problems, and arrhythmias", and medications such as beta-blockers help regulate heart rhythm by blocking the effects of adrenaline on the heart's beta receptors. This results in a slower, more controlled heart rate and reduced workload on the heart. In exercise settings, CPTs must be aware that beta-blockers lower both resting and exercise heart rates, which makes heart rate-based training zones less reliable; perceived exertion (RPE) or talk tests are recommended instead for intensity monitoring. Other listed options-nitrates (for angina), diuretics (for fluid retention in hypertension/heart failure), and bronchodilators (for respiratory conditions)-do not serve as primary rhythm-control agents for arrhythmias.

Thus, beta-blockers are the most accurate answer for this question.

NEW QUESTION # 92

Which of the following terms describes the arterial pressure between cardiac contractions?

- A. Systolic
- B. Catabolic
- C. Diastolic
- D. Anabolic

Answer: C

Explanation:

The diastolic blood pressure represents "the arterial pressure between cardiac contractions" when the heart is in its relaxation phase, allowing the chambers to fill with blood. The NASM CPT7 Study Guide defines normal (healthy) blood pressure as "less than 120/80 mm Hg," with the diastolic number being the lower value that measures the pressure in the arteries between beats. In contrast, systolic pressure is the higher number that measures arterial pressure during the contraction phase. "Catabolic" and "anabolic" are metabolic terms related to tissue breakdown and building, respectively, and are unrelated to cardiovascular measurements.

NEW QUESTION # 93

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