

# NASM CPT Practice Exams Questions

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## NASM CPT practice test 2023

Davis's law states which of the following?

Select one:

- a. A chronically shortened muscle will demonstrate poor neuromuscular efficiency.
- b. Soft tissue models along the lines of stress.
- c. A tight agonist muscle will decrease neural drive to its functional antagonist.
- d. The body will seek the path of least resistance during functional movement patterns. - ✓✓b. Soft tissue models along the lines of stress

Which of the following muscles is underactive if a client demonstrates an anterior pelvic tilt?

Select one:

- a. Erector spinae
- b. Psoas
- c. Latissimus dorsi
- d. Gluteus maximus - ✓✓d. Gluteus maximus

When assessing an overhead squat, an indication of relative flexibility due to tightness in the lateral gastrocnemius is:

Select one:

- a. the knees moving inward.
- b. external rotation of the feet.
- c. excessive forward lean.
- d. low back arches. - ✓✓b. external rotation of the feet.

When talking to a client, conversational techniques that express the purported meaning of what was just heard are referred to as:

Select one:

- a. reflections.

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## **NASM Certified Personal Trainer Exam Sample Questions (Q132-Q137):**

### **NEW QUESTION # 132**

At the point of dangerous muscle overload, contraction is shut down by the

- A. Golgi tendon
- B. Myosin filaments
- C. Actin filaments
- D. Endomysium tissue

**Answer: A**

### **NEW QUESTION # 133**

If a client's lower back arches during an overhead squat test, which of the following muscles is likely underactive?

- A. Latissimus dorsi
- B. Erector spinae
- C. Psoas major
- D. Transverse abdominis

**Answer: D**

Explanation:

If a client's lower back arches during the Overhead Squat Assessment, this indicates excessive lumbar extension and an anterior pelvic tilt, often due to overactive hip flexors and erector spinae, and underactive core stabilizers-especially the transverse abdominis. NASM identifies the transverse abdominis, internal obliques, and multifidus as key local stabilization system muscles that contract isometrically to stabilize the LPHC during movement. Weakness in the transverse abdominis allows the pelvis to tilt forward and the lumbar spine to overextend, which appears as an arch in the lower back. Strengthening this deep abdominal muscle helps maintain a neutral spine under load.

### **NEW QUESTION # 134**

Which muscle tissue type allows for vasoconstriction and vasodilation?

- A. Skeletal
- B. Cardiac
- C. Smooth
- D. Striated

**Answer: C**

### **NEW QUESTION # 135**

In the Maintenance Conditioning Phase of cardiorespiratory conditioning, clients can effectively train at what percentage of maximum heart rate?

- A. 60-70%
- B. 90-100%
- C. 75-85%
- D. 45-55%

**Answer: C**

### **NEW QUESTION # 136**

What is stroke volume (SV)?

- A. The actual volume of blood pumped from the left ventricle of the heart in one beat.
- B. The duration of time that it takes to complete a cycle of blood movement throughout the cardiac system.
- C. The measured volume of blood that is pumped throughout the cardiac system in one cycle.
- D. The duration of time and volume ratio that exists between the beginning and end of the cardiac system cycle.

**Answer: A**

## NEW QUESTION # 137

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