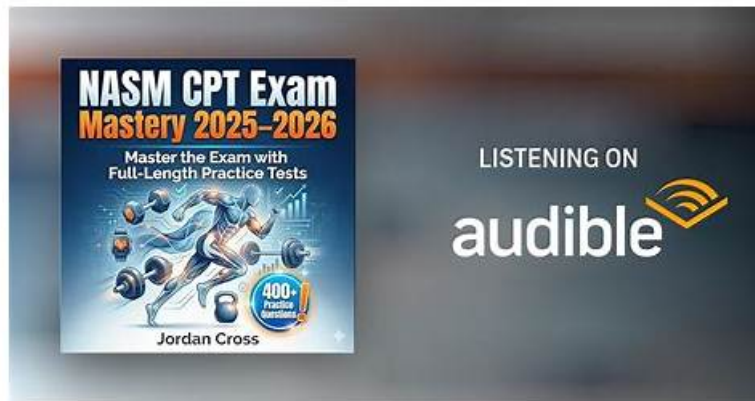


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NASM Certified Personal Trainer Exam Sample Questions (Q217-Q222):

NEW QUESTION # 217

During a single-leg squat assessment, a client's knee moves inward. Which of the following muscles should the client strengthen?

- A. VMO
- B. Adductor complex
- C. TFL
- D. Biceps femoris

Answer: A

Explanation:

In the single-leg squat assessment, inward knee movement (knee valgus) indicates a lack of frontal-plane knee stability, often caused by underactivity in the vastus medialis oblique (VMO) and gluteus medius. The NASM CPT7 Study Guide identifies the VMO as a critical stabilizer of the patella and knee joint, especially in terminal extension.

Overactive muscles in this compensation often include the adductor complex and tensor fascia latae (TFL), which pull the knee inward. Strengthening the VMO and gluteus medius improves knee tracking, preventing valgus collapse. Therefore, VMO

strengthening is essential for correcting this compensation.

NEW QUESTION # 218

A trainer is instructing a client about performing an OHSA. Which of the following should the trainer include?

- A. "Start by placing your hands on your hips with your elbows bent."
- B. "Start by crossing your arms over your chest."
- C. "Start by raising your arms over your head with your elbows fully extended."
- D. "Start by extending your arms forward and parallel with the floor."

Answer: C

Explanation:

The Overhead Squat Assessment (OHSA) is a key movement screening tool in NASM's assessment protocol.

The proper starting position requires the client to stand with feet shoulder-width apart, pointing straight ahead, and arms raised directly overhead with elbows fully extended. This position places the shoulders in full flexion and challenges the client's ability to maintain posture through the kinetic chain during the squat. The Study Guide specifies that this alignment allows observation of compensations in the ankles, knees, hips, LPHC, and shoulders. Starting with arms forward, crossed, or on the hips would not adequately test upper extremity and spinal stability in relation to lower-body mechanics, and would reduce the assessment's diagnostic value.

NEW QUESTION # 219

During the overhead squat assessment, a client exhibits an excessive forward lean. This indicates decreased neural drive in which of the following muscles?

- A. Rectus femoris
- B. Popliteus
- C. Rhomboids
- D. Erector spinae

Answer: D

Explanation:

In the Overhead Squat Assessment (OHSA), an excessive forward lean often indicates underactive erector spinae muscles along with other potential compensations. The NASM CPT7 Study Guide explains that decreased neural drive (underactivity) in the erector spinae reduces the spine's ability to remain extended against gravity, leading to a forward trunk angle.

The erector spinae are part of the posterior chain, working synergistically with the gluteus maximus and hamstrings to maintain upright posture during squatting. When they are underactive, other muscles—such as the hip flexor complex—may dominate, pulling the pelvis and torso forward. Popliteus primarily assists with knee stability and internal rotation of the tibia, rhomboids are involved in scapular retraction (not lumbar extension), and the rectus femoris is a hip flexor/knee extensor, often overactive in forward lean cases. Thus, the forward lean points directly to reduced neural drive in the erector spinae.

NEW QUESTION # 220

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

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

Answer: B

NEW QUESTION # 221

A trainer is working with a client during a ball squat. Which of the following is an appropriate auditory cue?

- A. "Keep feet pointed straight ahead."

- B. "Keep knees aligned with big toe."
- C. "Keep knees in front of your toes."
- D. "Lean back on the ball."

Answer: B

Explanation:

Comprehensive Detailed Explanation

When performing a ball squat, correct lower body alignment is essential to prevent knee valgus or varus and reduce injury risk. The NASM CPT7 Study Guide emphasizes that knees should track in line with the second and third toes (often cued as "aligned with the big toe" for simplicity) during squatting and lunging movements.

This alignment ensures that the force is distributed evenly through the hip, knee, and ankle, preventing excess stress on ligaments.

"Keep knees in front of your toes" (Option A) is incorrect-knees should not pass excessively in front of the toes. "Keep feet pointed straight ahead" (Option B) is good for foot alignment but doesn't address knee tracking directly. "Lean back on the ball" (Option D) is not a universal cue and can promote improper weight distribution. Thus, "Keep knees aligned with big toe" is the most appropriate form-maintenance cue.

NEW QUESTION # 222

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