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NASM Certified Personal Trainer (CPT) Exam| Complete Guide with Questions and Verified Answers|100% Correct| Grade A Guaranteed | Latest 2023/ 2024 Update

Q: Main types of muscle fibre

Answer:
Type I (slow-twitch) or type II (fast-twitch)

Q: Characteristics of type I (slow-twitch) muscle fibre

Answer:
More capillaries, increased oxygen delivery, smaller in size, less force produced, slow to fatigue, long-term contractions

Q: Characteristics of type II (fast-twitch) muscle fibre

Answer:
Fewer capillaries, decreased oxygen delivery, larger in size, more force produced, quick to fatigue, short-term contractions (force and power)

Q: Agonist

Answer:
Prime mover muscle

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NASM Certified Personal Trainer Exam Sample Questions (Q229-Q234):

NEW QUESTION # 229

Which of the following dynamic flexibility distortion patterns will create abnormal stress throughout the kinetic chain?

- A. Patella tracking parallel with the foot
- B. Neutrality of the lumbo-pelvic-hip complex
- C. Eversion of the foot
- D. Neutrality of the scapulae

Answer: C

Explanation:

In NASM's Human Movement Science section, dynamic flexibility distortion patterns are described as abnormal joint motion or posture during movement that can place undue stress on the kinetic chain. The frontal plane movements of the foot and ankle include eversion and inversion. NASM emphasizes that altered motion at the foot-such as excessive eversion-can disrupt alignment up the kinetic chain, impacting the knee, hip, and even shoulder positioning. The Study Guide notes that "the frontal plane... movements... include abduction and adduction of the limbs, lateral flexion of the spine, and eversion and inversion at the foot and ankle complex." Excessive or poorly controlled eversion creates misalignment, leading to compensations such as knee valgus or excessive internal rotation of the femur. This, in turn, changes forces experienced by the lumbo-pelvic-hip complex (LPHC) and upper body. Such compensatory movement patterns are directly linked to increased injury risk, especially in the knee and lower back, and are common in overuse injuries. In contrast, "neutrality" of the LPHC or scapulae indicates correct posture, and proper patella tracking is a positive alignment characteristic-not a distortion. Therefore, eversion of the foot fits NASM's definition of a dynamic flexibility distortion pattern that "creates abnormal stress throughout the kinetic chain" by disrupting the optimal length-tension and joint alignment necessary for efficient movement.

NEW QUESTION # 230

Which of the following demonstrates a level of service that helps the client adhere to the training program?

- A. Accountability
- B. SWOT analysis
- C. Forecasting
- D. Marketing

Answer: A

Explanation:

The NASM CPT7 Study Guide emphasizes accountability as a key factor in helping clients adhere to training programs. Accountability involves tracking progress, checking in regularly, and creating a sense of responsibility for showing up and completing agreed-upon actions.

While forecasting, marketing, and SWOT analysis are useful for business operations and planning, they are not directly related to client exercise adherence. Accountability helps build consistency, reinforces commitment, and keeps the client engaged, which is essential for long-term success in fitness programs.

NEW QUESTION # 231

Which of the following is an appropriate assessment for a senior client who has arthritis in her knees?

- A. Rockport walk test
- B. Davies test
- C. YMCA 3-minute step test
- D. Shark skill test

Answer: A

Explanation:

The Rockport walk test is an appropriate submaximal cardiovascular assessment for seniors and individuals with joint issues such as arthritis in the knees. It involves a one-mile walk at the fastest comfortable pace and is used to estimate cardiorespiratory fitness without requiring high-impact activity. The NASM CPT7 guidelines recommend low-impact, steady-state tests for populations with joint limitations to avoid aggravating symptoms. Tests like the YMCA 3-minute step test require repetitive stepping that can strain arthritic knees, the Davies test is a high-intensity agility/coordination drill involving upper body movement (not suited for seniors with lower body arthritis), and the Shark skill test is a dynamic balance/agility assessment with hopping—highly contraindicated for knee arthritis. The Rockport test is performed on a flat surface, minimizing joint stress while still providing valid aerobic fitness data.

NEW QUESTION # 232

When a person holds a plank position without any mechanical movement, what type of muscle contraction is occurring?

- A. Concentric
- B. **Isometric**
- C. Eccentric
- D. Isokinetic

Answer: B

NEW QUESTION # 233

Which of the following is an effect of dehydration?

- A. Increased sweat rate
- B. **Increased heart rate**
- C. Increased blood pressure
- D. Increased blood volume

Answer: B

Explanation:

Dehydration reduces plasma volume, making the heart work harder to circulate blood. NASM notes that fluid loss causes cardiovascular strain, often leading to an increased heart rate to maintain cardiac output during exercise. This is due to decreased stroke volume—less fluid in the bloodstream means less blood pumped per beat, so the heart compensates by beating faster. Other effects include impaired thermoregulation, reduced sweat efficiency, and decreased exercise performance. Increased blood volume is not correct (dehydration decreases it), sweat rate often decreases rather than increases when dehydrated (leading to overheating risk), and blood pressure can drop rather than rise in severe dehydration. Therefore, increased heart rate is the hallmark acute cardiovascular response to dehydration during activity.

NEW QUESTION # 234

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