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NASM Certified Personal Trainer Exam Sample Questions (Q58-Q63):

NEW QUESTION # 58

Which of the following verbal directions should a trainer provide a client to engage local core stabilizers?

- A. "Brace."
- **B. "Draw-in."**
- C. "Bear down."
- D. "Retract."

Answer: B

Explanation:

The NASM CPT7 Study Guide describes the drawing-in maneuver as an activation technique to engage local core stabilizers such as the transversus abdominis, internal obliques, and multifidus. This involves pulling the navel in toward the spine while maintaining a neutral pelvis and spine.

The "bear down" cue is associated with the Valsalva maneuver, which increases intra-abdominal pressure but does not specifically

target local stabilizers. "Retract" usually refers to scapular movement, and "brace" is more about global core stabilization involving simultaneous contraction of the abdominal and low back muscles. For training local stabilizers, the correct verbal cue is "Draw-in."

NEW QUESTION # 59

A client is able to correctly perform a single leg dumbbell overhead press. Which of the following is the appropriate stabilization progression for performing this exercise?

- A. Standing with an increased dumbbell weight
- B. Standing with two feet on a BOSU ball
- C. Standing in a staggered stance on a stable surface
- **D. Standing on one foot on a BOSU ball**

Answer: D

Explanation:

The NASM OPT model recommends increasing instability to progress stabilization demands, moving from stable # less stable # unstable environments. For a single leg dumbbell overhead press, the next stabilization progression is to maintain the single-leg position but place it on a BOSU ball, which significantly increases balance and proprioceptive challenges.

Increasing dumbbell weight (Option A) changes load, not stability. Standing in a staggered stance (Option B) reduces stability challenge compared to single leg. Standing with two feet on a BOSU ball (Option C) is unstable but less challenging than single leg on BOSU. Therefore, single leg on BOSU is the correct progression.

NEW QUESTION # 60

Which of the following is an example of an outcome goal?

- A. "I want to keep a consistent pace during the 5K."
- B. "I want to reduce caloric intake from 2,500 to 2,000 calories each day."
- **C. "I want to come in first place in the marathon."**
- D. "I want to exercise 30 to 40 minutes at least three times each week."

Answer: C

Explanation:

NASM distinguishes between outcome goals and process goals. The CPT7 Study Guide defines outcome goals as those that "focus on the end result of an activity", such as placing in a race or achieving a measurable performance rank. Examples provided include "Place in top 10 in a 10K race" and "Achieve a certain level of strength improvement." By contrast, process goals focus on the behaviors and actions taken to reach an outcome, such as exercising a certain number of days per week or following a nutrition plan. In this question, "I want to come in first place in the marathon" is an outcome goal because it specifies a competitive final result. The other options-reducing caloric intake, exercising a set number of minutes weekly, or maintaining a consistent pace-are process-oriented behaviors that contribute toward, but are not themselves, the final result. Thus, according to NASM's definitions and examples, the correct answer is D, as it directly expresses the desired measurable end result of performance.

NEW QUESTION # 61

When using proprioceptive neuromuscular facilitation (PNF) stretching techniques, how long should the isometric contraction be held for?

- A. 19-21 seconds
- B. 13-15 seconds
- **C. 10-12 seconds**
- D. 16-18 seconds

Answer: C

NEW QUESTION # 62

Which of the following heart chambers pumps reoxygenated blood to the entire body?

- A. Left atrium
- B. Right ventricle
- C. Right atrium
- **D. Left ventricle**

Answer: D

Explanation:

The left ventricle is the chamber of the heart responsible for pumping reoxygenated blood (oxygen-rich blood) to the entire body via the aorta. According to the NASM CPT7 Study Guide, "Left ventricle: receives oxygenated blood from the left atrium and sends it to the body". Blood enters the left atrium from the lungs through the pulmonary veins, then passes through the mitral valve into the left ventricle. From here, the powerful muscular walls of the left ventricle generate the high pressure needed to push blood into systemic circulation.

This is in contrast to the right ventricle, which sends deoxygenated blood to the lungs; the right atrium, which collects deoxygenated blood from the body; and the left atrium, which only receives oxygenated blood from the lungs but does not pump it systemically.

The left ventricle is anatomically the thickest chamber of the heart because it must overcome the systemic vascular resistance of the entire body. This is why its proper function is critical for endurance, performance, and overall cardiovascular health in exercise contexts.

NEW QUESTION # 63

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