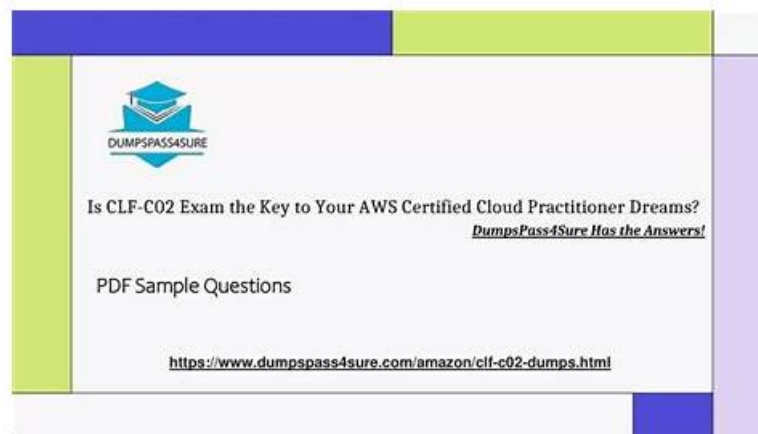


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NASM Certified Personal Trainer Exam Sample Questions (Q69-Q74):

NEW QUESTION # 69

Which component carries information as electrical impulses to the muscles, controlling the body's movement?

- A. Myofibrils
- B. Hormones
- C. Nerves
- D. Capillaries

Answer: C

NEW QUESTION # 70

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

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

Answer: D

NEW QUESTION # 71

A personal trainer uses a heart rate monitor during a client's training session to provide which of the following types of feedback?

- A. Mechanical
- B. Internal
- C. External
- D. Sensory

Answer: C

Explanation:

NASM defines external feedback as information provided by an outside source - such as a trainer, mirror, video, or device - to help a client understand their performance. A heart rate monitor delivers real-time data from an external device, which the trainer can use to guide intensity adjustments. This differs from internal feedback, which comes from a client's own sensory awareness (e.g., perceived exertion). External feedback tools are essential in monitoring physiological responses and ensuring clients work within safe and effective training zones .

NEW QUESTION # 72

Which of the following is a compensation observed in the lumbo-pelvic-hip complex during the overhead squat assessment?

- A. Feet turn out
- B. Arms fall forward
- C. Low-back arches
- D. Knees move inward

Answer: C

Explanation:

In the overhead squat assessment (OHSA), one common compensation observed at the lumbo-pelvic-hip complex (LPHC) is excessive lumbar extension, also referred to as "low-back arches." The NASM CPT7 Study Guide lists this as an indication of overactivity in the hip flexor complex, latissimus dorsi, and erector spinae, and underactivity in the gluteus maximus, hamstrings, and core stabilizers.

Other options-knees moving inward (frontal plane), arms falling forward (upper body compensation), and feet turning out (foot/ankle compensation)-are observed in other kinetic chain checkpoints but not classified under LPHC compensations.

NEW QUESTION # 73

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

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

Answer: C

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 # 74

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