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NASM Certified Personal Trainer Exam Sample Questions (Q19-Q24):

NEW QUESTION # 19

The muscle fiber type recruited for activities such as the 100-yard dash, shot put, or power lifting would be which of the following?

- A. White, fast twitch fibers
- B. Red, fast twitch fibers
- C. Red, slow twitch fibers
- D. White, slow twitch fibers

Answer: A

NEW QUESTION # 20

A weight gain client stops gaining weight. What is the MOST appropriate modification to the client's program?

- A. Decrease calories
- B. Decrease repetitions

- C. Increase calories
- D. Increase repetitions

Answer: C

NEW QUESTION # 21

Which of the following is the greatest contributor to an increased cardiovascular risk profile?

- A. High caffeine intake
- B. Skipping meals
- C. Being underweight
- D. Being sedentary

Answer: D

NEW QUESTION # 22

Which of the following is one of the four P's of a marketing plan?

- A. Product
- B. Profession
- C. Performance
- D. Payroll

Answer: A

Explanation:

The Four P's of marketing-Product, Price, Promotion, and Place-are a foundational business concept emphasized in the NASM CPT7 Study Guide. NASM states: "The Four Ps of marketing include product, price, promotion, and place". In a personal training context, the "product" refers to the actual service or program offered-such as private sessions, group training, or online coaching-and the value it brings to the client. It's the core of the marketing message because it defines what you're selling. The other Ps address cost (price), awareness (promotion), and delivery method/location (place). The options profession, performance, and payroll are not part of this established framework. Thus, "Product" is the correct choice.

NEW QUESTION # 23

Which of the following is the primary function of the skeletal system?

- A. Controls kinesthetic motor responses
- B. Performs as levers when acted upon by muscles
- C. Responds to changes in the external environment
- D. Generates internal tension to produce movement

Answer: B

Explanation:

The NASM CPT7 Study Guide states that one of the skeletal system's core functions is to provide the rigid framework that supports the body and serves as levers for movement when acted upon by muscles.

Specifically, "Human bones act as attachment sites and levers (rigid rods) to produce movement when muscles contract." Muscles generate the force, but it is the skeletal structure-through the interaction of bones, joints, and connective tissues-that converts that force into purposeful motion. This lever system can be first-, second-, or third-class, with most human movements involving third-class levers. The other options describe the functions of different body systems: generating internal tension is the role of the muscular system, responding to external stimuli is primarily the nervous system's role, and kinesthetic motor control involves integration between the nervous and muscular systems. Thus, the primary skeletal function relevant here is acting as levers in conjunction with muscle contractions to facilitate movement.

NEW QUESTION # 24

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