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NASM Certified Personal Trainer Exam Sample Questions (Q161-Q166):

NEW QUESTION # 161

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

- A. Decrease calories
- **B. Increase calories**
- C. Increase repetitions
- D. Decrease repetitions

Answer: B

NEW QUESTION # 162

A trainer is working with a client who has been struggling to fit in his workouts. Which of the following actions should the trainer take?

- **A. Discuss the client's social support structure.**
- B. Address the client's lack of discipline and compliance.
- C. Redesign the client's workout program around a new goal.
- D. Suggest that the client set multiple goals at one time.

Answer: A

Explanation:

NASM's behavioral coaching and psychology of exercise sections highlight that social support is one of the strongest influences on exercise adherence. The Study Guide explains that "social support consists of a source (who or what provides it) and a type (instrumental, emotional, informational, and companionship), and clients will have different needs and expectations of social support." When a client struggles to fit workouts into their life, the trainer's role is to identify potential barriers, such as lack of time, convenience, or support from family and friends, and then work collaboratively to create realistic solutions. Discussing the client's social support structure helps uncover if others can provide instrumental support (childcare, transportation), emotional support (encouragement), or companionship (workout partners). This aligns with NASM's guidance to focus on overcoming barriers, rather than criticizing discipline or making abrupt program changes unrelated to the root cause. Setting multiple new goals at once can overwhelm the client, reducing adherence. Therefore, addressing the support system provides a foundation for sustainable workout integration.

NEW QUESTION # 163

A trainer is holding a consultation with a new client who is in the preparation stage of change. Which of the following actions should the trainer take first?

- A. Perform the shark skill test.
- B. Lead her through a challenging workout.
- **C. Discuss realistic expectations with her.**
- D. Design a new workout program using the OPT model.

Answer: C

Explanation:

In the preparation stage of the Transtheoretical Model, the client is getting ready to start regular activity but has not yet established a consistent routine. The NASM CPT7 Study Guide emphasizes that the trainer's initial focus should be on building rapport, setting realistic expectations, and helping the client develop a clear plan rather than jumping into testing or advanced program design. This discussion fosters motivation, commitment, and clarity, ensuring the client transitions smoothly into regular training with sustainable habits.

NEW QUESTION # 164

Which of the following is a result of an intense aerobic conditioning program?

- A. Building new mitochondria
- B. Reduced contractile protein synthesis
- **C. Reduced bone density**
- D. Increased myofibril hypertrophy

Answer: C

NEW QUESTION # 165

A trainer replaces their client's 30-minute steady-state cardio activity with a period of high-intensity interval training. During this modified session, which variable from the FITT principle should be consistently lower?

- A. Intensity
- B. Type
- C. Interval
- **D. Time**

Answer: D

NEW QUESTION # 166

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