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NASM CPT Section 1 Practice Test (Latest 2023/ 2024 Update) 100% Correct| Questions and Verified Answers| Grade A

What are two of the most common issues at the foot and ankle complex?

- A. Achilles tendonitis and athlete's foot
- B. Strains and heel spurs
- C. Sprains and plantar fasciitis
- D. Plantar fasciitis and shin splints - ANSWER C. Sprains and plantar fasciitis

How often does an NASM Certified Personal Trainer need to renew their certification?

- A. Every 2 years
- B. Every 3 years
- C. Every year
- D. Every 5 years - ANSWER A. Every 2 years

Mac, an NASM-CPT, has been working as a personal trainer at a health club for almost 3 years. He has consistently received positive job evaluations, making him eligible for a promotion. What opportunity would be the most appropriate to pursue, given his experience?

- A. Area fitness manager
- B. Group fitness manager
- C. Fitness manager
- D. General manager - ANSWER C. Fitness manager

What term describes the process of building a relationship based on communication and trust?

- A. Working the floor

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NASM Certified Personal Trainer Exam Sample Questions (Q197-Q202):

NEW QUESTION # 197

A client has an overactive lateral gastrocnemius. Which of the following types of flexibility training is appropriate for this client?

- A. Static
- B. Plyometric
- C. Active
- D. Dynamic

Answer: A

Explanation:

For an overactive lateral gastrocnemius, the CPT7 guide recommends static stretching to lengthen the muscle and reduce tension via autogenic inhibition. Static flexibility involves holding a stretch for ~30 seconds, allowing the Golgi tendon organs to signal relaxation. This is part of the corrective flexibility approach in NASM's flexibility continuum, used to address overactivity before dynamic or performance-focused stretching. Active or dynamic stretching is better suited for warming up underactive muscles, while plyometric work is not appropriate for addressing overactivity.

NEW QUESTION # 198

A trainer is observing a client perform a deadlift. Which of the following cues should the trainer provide?

- A. "Let your chest fall forward to round the spine."
- B. "Arch your back."
- C. **"Keep your spine neutral."**
- D. "Start with your back rounded and arch as you lift."

Answer: C

Explanation:

For a deadlift (a hip/hinge pattern), NASM emphasizes maintaining trunk stability via isometric contraction of the core to protect the spine. The CPT7 Study Guide states that "Stabilizers... contract isometrically to stabilize the trunk and joints as the body moves", naming key LPHC stabilizers such as the transversus abdominis, internal obliques, and multifidus(). Keeping a neutral spine allows these stabilizers to do their job while the hips and knees generate movement, rather than forcing the lumbar spine into excessive flexion or extension. The guide further explains the human movement system's need to "dampen (eccentrically), stabilize (isometrically), and then accelerate (concentrically)" - NASM's Integrated Performance Paradigm(). In a deadlift, you eccentrically load through the hips, maintain isometric trunk stability (neutral spine), and then concentrically extend the hips and knees to stand tall. Cues like "arch your back" or "round your spine" push the lumbar segments away from neutral, compromising the length/tension relationship of spinal tissues and shifting load to passive structures instead of the intended prime movers. By contrast, "Keep your spine neutral" aligns directly with NASM's coaching focus on proper stabilization and joint alignment: synergists assist appropriately, stabilizers hold the trunk, and agonists at the hips extend - all while the spine remains braced and neutral for optimal safety and performance (;).

NEW QUESTION # 199

Which of the following is the primary adaptation from resistance training in the stabilization level of the OPT model?

- A. Power
- B. Muscular hypertrophy
- C. Strength endurance
- D. **Muscular endurance**

Answer: D

Explanation:

The stabilization level (Phase 1: Stabilization Endurance Training) of NASM's OPT model focuses on improving muscular endurance and stability through controlled, low-load, high-repetition training. The CPT7 Study Guide states the primary adaptation is "to increase a muscle's ability to produce force for an extended period of time while maintaining ideal posture and joint stability". Muscular hypertrophy (Option A) is the main adaptation of Phase 3: Muscular Development, strength endurance (Option B) is specific to Phase 2: Strength Endurance Training, and power (Option D) is developed in the Power Level (Phases 5 and 6). Therefore, for the stabilization level, the main adaptation is muscular endurance, which supports foundational movement quality and injury prevention before progressing to heavier loads or explosive movements.

NEW QUESTION # 200

Davis's law states which of the following?

- A. A chronically shortened muscle will demonstrate poor neuromuscular efficiency.
- B. The body will seek the path of least resistance during functional movement patterns.
- C. A tight agonist muscle will decrease neural drive to its functional antagonist.
- D. **Soft tissue models along the lines of stress.**

Answer: D

Explanation:

Davis's law is a principle in human movement science that explains how soft tissue adapts structurally to the stresses placed upon it. NASM describes it as "soft tissue will model along the lines of stress," meaning that muscles, tendons, and fascia will align and reorganize based on the direction and type of physical forces they experience. This is important in corrective exercise because chronic poor posture, repetitive movements, or imbalances can cause soft tissue to remodel in a way that reinforces dysfunction. For example, if a muscle remains shortened for prolonged periods, collagen fibers may lay down in shortened patterns, limiting flexibility and altering joint mechanics. The other answer options describe different principles: poor neuromuscular efficiency (effect of chronic shortening), altered reciprocal inhibition (C), and the path of least resistance concept in movement compensation (D).

NEW QUESTION # 201

Which of the following describes the anatomical position of the sternum in relation to the pelvis?

- A. Medial
- B. Inferior
- C. Lateral
- D. **Superior**

Answer: D

NEW QUESTION # 202

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