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NASM CPT Final Exam Questions and Answers (2024 / 2025) (Verified Answers)

What is the intended outcome of stage 2 training? -
CORRECT answer To increase the workload (e.g., speed,
incline) in a way that helps clients exercise at higher
intensities and achieve greater levels of aerobic fitness

Which is very important as a prenatal vitamin? - CORRECT
answer Folate

What type of client is ideally suited for stage 2 training
around VT1? - CORRECT answer Fitness enthusiasts
regularly engaging in physical activity or those seeking
further improvements in cardiovascular endurance or weight
loss

What is the dysfunction that occurs due to narrowing and
rubbing of the soft tissue and bony structures of the
shoulder? - CORRECT answer Shoulder impingement

What scientific term is used to describe the concept whereby
a loaded eccentric contraction prepares the muscles for a
rapid concentric contraction? - CORRECT answer Stretch-
shortening cycle

When discussing suspended bodyweight training, which of
the following is the most accurate statement? - CORRECT
answer It increases flexibility and joint mobility.

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NASM Certified Personal Trainer Exam Sample Questions (Q94-Q99):

NEW QUESTION # 94

Performing pushing, pulling, and squatting exercises in the 20-25 rep range are suggested for

- A. Speed training
- B. Increasing flexibility
- C. Aerobic conditioning
- D. Muscular endurance

Answer: D

NEW QUESTION # 95

Body mass index (BMI) classifies a client's overall health based on which of the following?

- A. Waist-to-hip ratio
- B. Circumference measurements
- C. Height-to-weight ratio
- D. Percentage of body fat

Answer: C

Explanation:

The Body Mass Index (BMI) is a height-to-weight ratio that provides a general indication of whether an individual falls into categories such as underweight, healthy weight, overweight, or obese. The NASM CPT7 Study Guide defines BMI as "a measurement of a person's weight in relation to their height" and notes that it is calculated by dividing body weight in kilograms by height in meters squared (kg/m^2).

NASM emphasizes that BMI is a quick, noninvasive screening tool that can correlate with population-level health risks-such as increased likelihood of chronic diseases with higher BMI categories-but it does not directly measure body fat percentage or distribution.

Other measures, such as waist-to-hip ratio and circumference measurements, assess fat distribution and shape but are not part of the BMI calculation. While BMI cannot distinguish between fat and lean mass (e.g., athletes may have high BMI due to muscle mass), it remains widely used for public health classification and initial fitness assessments. Therefore, BMI specifically classifies health status based on the height-to-weight ratio.

NEW QUESTION # 96

Which of the following forms of flexibility best describes the phenomenon of the kinetic chain seeking the path of least resistance during functional movement?

- A. Active
- B. Relative
- C. Corrective
- D. Dynamic

Answer: B

Explanation:

NASM defines relative flexibility as the phenomenon where the kinetic chain seeks the path of least resistance during movement.

This occurs when one joint or muscle is restricted, causing movement to occur at an alternative joint that has more mobility, often leading to compensations. The CPT7 guide explains that this can result from muscle imbalances, poor flexibility, or faulty movement patterns, and it often appears in functional movement assessments as compensatory motions.

NEW QUESTION # 97

Davis's law states which of the following?

- A. A chronically shortened muscle will demonstrate poor neuromuscular efficiency.
- B. A tight agonist muscle will decrease neural drive to its functional antagonist.

- C. Soft tissue models along the lines of stress.
- D. The body will seek the path of least resistance during functional movement patterns.

Answer: C

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 # 98

Which of the following is an appropriate exercise when training a pregnant client in her third trimester?

- A. Flat bench press
- B. Lying leg curl
- C. Squat
- D. Superman

Answer: C

NEW QUESTION # 99

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