



- A. Leg press
- B. Pull ups
- C. Pushups
- D. Box jumps

**Answer: D**

#### NEW QUESTION # 110

Which of the following is an appropriate assessment for a senior client who has arthritis in her knees?

- A. Shark skill test
- B. YMCA 3-minute step test
- C. Rockport walk test
- D. Davies test

**Answer: C**

Explanation:

The Rockport walk test is an appropriate submaximal cardiovascular assessment for seniors and individuals with joint issues such as arthritis in the knees. It involves a one-mile walk at the fastest comfortable pace and is used to estimate cardiorespiratory fitness without requiring high-impact activity. The NASM CPT7 guidelines recommend low-impact, steady-state tests for populations with joint limitations to avoid aggravating symptoms. Tests like the YMCA 3-minute step test require repetitive stepping that can strain arthritic knees, the Davies test is a high-intensity agility/coordination drill involving upper body movement (not suited for seniors with lower body arthritis), and the Shark skill test is a dynamic balance/agility assessment with hopping-highly contraindicated for knee arthritis. The Rockport test is performed on a flat surface, minimizing joint stress while still providing valid aerobic fitness data.

#### NEW QUESTION # 111

A trainer notices that a client has knee valgus. Which of the following terms describes the joint movement of the knees?

- A. Supinated
- B. Externally rotated
- C. Adducted
- D. Abducted

**Answer: C**

Explanation:

Knee valgus is the inward collapse of the knees toward the midline during movement, often seen in squats or jumps. The NASM CPT7 Study Guide defines adduction as movement toward the midline of the body in the frontal plane.

This faulty movement pattern typically indicates overactivity in muscles such as the adductor complex and tensor fascia latae, combined with underactivity in the gluteus medius and maximus. The opposite, abduction, would be knees moving outward.

Supination and external rotation refer to foot/ankle and rotational movements, not frontal plane knee movement. Thus, knee valgus is classified as adduction.

#### NEW QUESTION # 112

An athlete who is running a 40-yard dash is primarily using which of the following systems of the bioenergetic continuum?

- A. Oxidative
- B. Aerobic
- C. Glycolytic
- D. ATP-PC

**Answer: D**

Explanation:

The NASM CPT7 Study Guide explains that the ATP-PC system (adenosine triphosphate-phosphocreatine) is the primary energy pathway for very short-duration, high-intensity activities lasting up to about 10 seconds.

This system is anaerobic, meaning it does not require oxygen, and it relies on stored ATP and creatine phosphate within the muscles

to provide immediate energy. A 40-yard dash is a sprint that typically takes well under 10 seconds for an athlete, placing it squarely in the ATP-PC domain. The guide highlights that this system is ideal for explosive efforts like sprinting, jumping, or heavy lifting due to its rapid ATP replenishment but very limited capacity.

### NEW QUESTION # 113

In which of the following situations should a trainer refer a client to a medical practitioner?

- A. When the trainer becomes aware of diagnosed diabetes.
- B. When the trainer becomes aware of diagnosed hypertension.
- C. When the trainer becomes aware of undiagnosed osteoporosis.
- D. When the trainer becomes aware of an undiagnosed allergy.

**Answer: C**

Explanation:

NASM's scope-of-practice guidelines clearly state that personal trainers must refer clients to qualified medical professionals when they suspect or become aware of any undiagnosed condition that could impact health and exercise safety. Undiagnosed osteoporosis poses significant risks for fractures and requires a physician's evaluation before beginning or continuing a program. Conversely, diagnosed conditions (like diabetes or hypertension) can be trained for within guidelines, provided the trainer follows physician recommendations.

### NEW QUESTION # 114

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