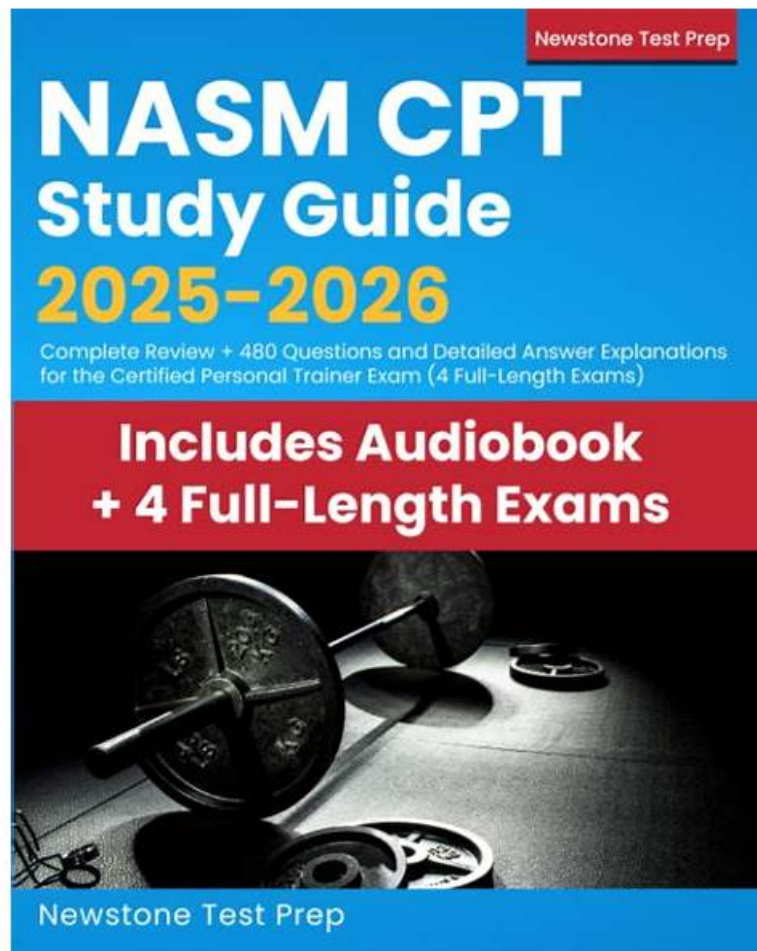


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## NASM Certified Personal Trainer Exam Sample Questions (Q152-Q157):

### NEW QUESTION # 152

Functional units of skeletal muscle that occur in repeating segments along the myofibril are called

- A. Filaments
- B. Myocytes
- C. Sarcomeres
- D. Motor units

**Answer: C**

### NEW QUESTION # 153

The written documentation that states a client assumes the risk of an exercise program is the:

- A. Informed consent
- B. Personal training contract
- C. Physician's release
- D. Liability insurance

**Answer: A**

### NEW QUESTION # 154

Which component carries information as electrical impulses to the muscles, controlling the body's movement?

- A. Nerves
- B. Hormones
- C. Myofibrils
- D. Capillaries

**Answer: A**

### NEW QUESTION # 155

Which of the following tests would be used to assess power?

- A. Vertical jump
- B. 1RM bench press
- C. VO2 max
- D. Chin-up

**Answer: A**

### NEW QUESTION # 156

Which term describes the client's target heart rate prior to performing the next set?

- A. Recovery
- B. Post-set
- C. Maximal
- D. Resting

**Answer: A**

### NEW QUESTION # 157

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