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

NEW QUESTION # 152

Which of the following is a component of business practice according to the NASM-BOC Code of Professional Conduct?

- A. Adhering to strict facility maintenance
- B. Maintaining adequate liability insurance
- C. Seeking continuing education
- D. Performing community service

Answer: C

Explanation:

Under the NASM-BOC Code of Professional Conduct, maintaining competence through continuing education is a core component of business practice. The guide outlines that certified professionals must commit to ongoing professional development to ensure their knowledge and skills remain current. This not only meets recertification requirements but also ensures the delivery of safe, effective, and evidence-based fitness programming. While facility maintenance, community service, and liability insurance are important

professional considerations, they are not specifically listed as Code of Conduct requirements under NASM's business practice section.

NEW QUESTION # 153

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

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

Answer: D

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 # 154

A trainer observes that a client's knees turn in during an overhead squat assessment. Which of the following exercises should the trainer recommend?

- A. Lateral tube walking
- B. Seated leg press
- C. Hip adduction
- D. Hamstring curl

Answer: A

Explanation:

When a client's knees turn inward during the overhead squat assessment, NASM identifies probable overactive and underactive muscles. Underactive muscles often include the gluteus medius and maximus.

Corrective strategies involve strengthening these abductors, and lateral tube walking is a targeted exercise for the gluteus medius, which helps control femoral internal rotation and knee valgus. The guide emphasizes integrating these corrective exercises into a full warm-up or stabilization phase to address faulty movement patterns.

NEW QUESTION # 155

Which of the following are benefits of a proper cool down?

- A. Increases heart rate and reduces stretch reflex
- B. Gradual recovery and reduces muscle soreness
- C. Complete muscle recovery and repair
- D. Decreases blood flow and enhances contraction

Answer: B

NEW QUESTION # 156

Which of the following contractions decelerates the muscle while allowing the muscle to return to the starting point of the exercise?

- A. Concentric
- B. Isometric
- C. Isotonic
- D. Eccentric

Answer: D

NEW QUESTION # 157

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