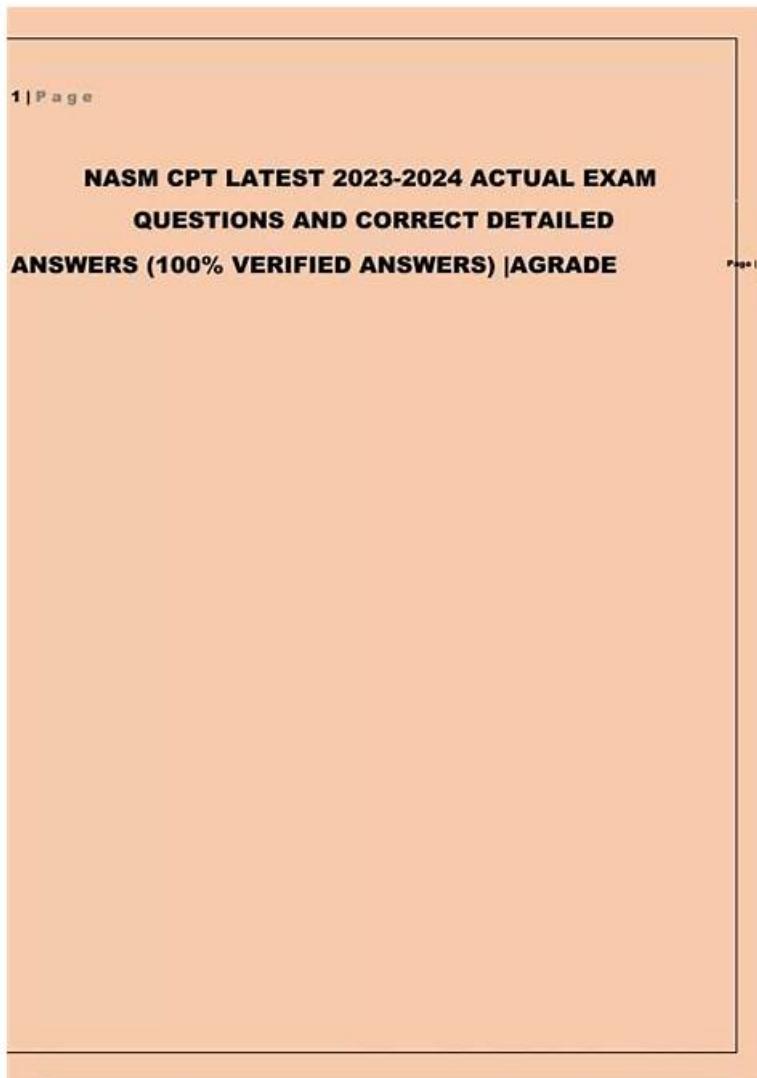


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NASM Certified Personal Trainer Exam Sample Questions (Q158-Q163):

NEW QUESTION # 158

A client has been engaged in a comprehensive aerobic training program for six months and has improved their cardiorespiratory fitness. Over this period, which of the following variables is LEAST likely to have changed as a direct result of the client's aerobic training?

- A. Maximal heart rate
- B. VO₂ Max
- C. Systolic blood pressure
- D. Resting heart rate

Answer: A

NEW QUESTION # 159

Protein that is broken down in the stomach and then further broken down in the small intestine forms

- A. complex carbs
- B. fatty acids
- C. simple sugars
- D. amino acids

Answer: D

NEW QUESTION # 160

A trainer is instructing a client to perform alternating side lunges. Which of the following auditory cues should the trainer use?

- A. "Start by standing with your feet together."
- B. "Lunge as far as possible to improve muscle activation."
- C. "Keep your spine neutral."
- D. "Land with your foot pointed in the direction you are stepping."

Answer: C

Explanation:

When instructing side lunges, NASM emphasizes using specific, safety-focused cues to maintain proper posture and joint alignment. The CPT7 Study Guide notes that spinal alignment should be maintained in a neutral position during all exercises to prevent excessive shear or compressive forces on the vertebrae and intervertebral discs.

For side lunges, the neutral spine cue ensures that the client maintains proper core engagement and avoids lumbar rounding or hyperextension, which can cause undue stress on the back. While "Start by standing with your feet together" (Option B) is an accurate setup detail, it's more of a positional cue rather than an ongoing form-maintenance cue. "Land with your foot pointed in the direction you are stepping" (Option C) could help in some multi-planar movements, but for lateral lunges, the lead foot should typically remain pointed forward to emphasize frontal-plane loading. "Lunge as far as possible" (Option A) risks compromising alignment and safety. Thus, the most appropriate auditory cue is "Keep your spine neutral."

NEW QUESTION # 161

A trainer is instructing a client about how to perform a multiplanar box jump-down with stabilization. Which of the following instructions should the trainer include?

- A. Allow the feet to turn outward.
- B. Perform the exercise with a repetitive (medium) tempo.
- C. Land softly and quietly.
- D. Stick the landing with legs straight.

Answer: C

Explanation:

For a multiplanar box jump-down with stabilization, NASM stresses safe landing mechanics to absorb impact forces. The CPT7

Study Guide highlights cues such as "land softly" and "quietly" to encourage proper eccentric deceleration and joint alignment. Landing with legs straight (Option B) can cause injury by removing shock absorption from the knees and hips. A repetitive tempo (Option C) is contrary to "with stabilization," which requires holding the landing for 3-5 seconds. Allowing the feet to turn outward (Option D) may cause misalignment and knee stress. The correct instruction is "Land softly and quietly" to ensure proper deceleration and control.

NEW QUESTION # 162

Static and dynamic stretching, when properly timed, in a client's routine have been shown to

- A. Increase muscle reaction time
- B. Improve 1RM when stretches occur just before a set
- **C. Improve biomechanical function of muscles and joints**
- D. Increase the hypertonic state of muscle

Answer: C

NEW QUESTION # 163

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