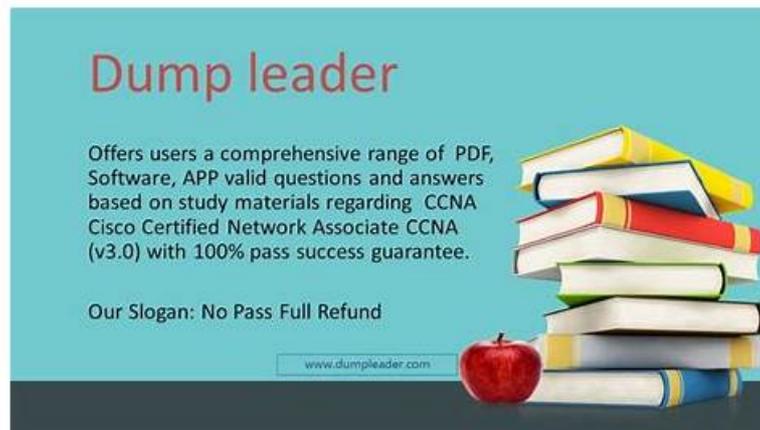


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NASM Certified Personal Trainer Exam Sample Questions (Q82-Q87):

NEW QUESTION # 82

Which of the following refers to the neuromuscular phenomenon that occurs when secondary muscles take over function for a weak or inhibited prime mover?

- A. Synergistic dominance
- B. Autogenic inhibition
- C. Reciprocal inhibition
- D. Arthrokinetic dysfunction

Answer: A

Explanation:

"Synergistic dominance" is the NASM term for a neuromuscular compensation pattern in which helper muscles (synergists) begin to perform the work that should primarily be done by the prime mover (agonist).

This happens when the prime mover is weak, inhibited, or placed at a poor length/tension relationship. The NASM CPT7 Study

Guide explains that "Synergists... assist agonists to produce a movement" and lists common examples (e.g., brachioradialis and brachialis assisting the biceps curl) - but when compensations occur, these assistants can end up taking over the job (). Related mechanisms in the guide that set the stage for synergistic dominance include "Altered length#tension relationship... reducing the amount of force [a muscle] can produce"() and "Altered reciprocal inhibition... when an overactive agonist muscle decreases the neural drive to its functional antagonist"(). The guide also frames the broader issue as "Muscle imbalance... when muscles on each side of a joint have altered length#tension relationships"().

In practice, this might look like the hamstrings or erector spinae doing too much hip#extension work that the gluteus maximus (the agonist) should drive. Whilearthrokinetic dysfunctionrelates to joint surface motion, reciprocal inhibitionis the normal neural relaxation of antagonists during agonist contraction, andautogenic inhibitionis GTO#mediated tension reduction - none of which by themselves name the compensatory takeover pattern. Thus, the best description of secondary muscles taking over for a weak prime mover is synergistic dominance.

NEW QUESTION # 83

Which of the following actions should a trainer take to initiate and build rapport with a new client?

- A. Write the client a handwritten note.
- B. Perform a workout with the client.
- C. Ask the client to commit to a set number of sessions.
- **D. Use the client's first name.**

Answer: D

Explanation:

Building rapport begins with small, personal touches that make the client feel valued and recognized. NASM emphasizes rapport as the foundation of the trainer-client relationship and notes that "using the client's name" is a simple but powerful way to personalize communication and foster trust early in the relationship. This aligns with customer service principles in personal training, where the goal is to create a welcoming and engaging environment from the first interaction.

While asking for a session commitment is part of the sales process, it should not happen before rapport is established. Writing a note is thoughtful but better suited for maintaining existing relationships, and working out with the client can be distracting from focusing on their needs. Using the client's name immediately signals attentiveness, personal connection, and professionalism-making it the most effective rapport- building action at the start.

NEW QUESTION # 84

A trainer is holding a consultation with a new client who is in the preparation stage of change. Which of the following actions should the trainer take first?

- A. Perform the shark skill test.
- B. Design a new workout program using the OPT model.
- **C. Discuss realistic expectations with her.**
- D. Lead her through a challenging workout.

Answer: C

Explanation:

In the preparation stage of the Transtheoretical Model, the client is getting ready to start regular activity but has not yet established a consistent routine. The NASM CPT7 Study Guide emphasizes that the trainer's initial focus should be on building rapport, setting realistic expectations, and helping the client develop a clear plan rather than jumping into testing or advanced program design. This discussion fosters motivation, commitment, and clarity, ensuring the client transitions smoothly into regular training with sustainable habits.

NEW QUESTION # 85

Which of the following exercises is a regression in intensity from a box jump-up with stabilization?

- A. Transverse jump with stabilization
- B. Squat jump with stabilization
- **C. Box jump-down with stabilization**
- D. Horizontal jump with stabilization

Answer: C

Explanation:

NASM's plyometric training progressions and regressions are based on the force and stability demands of an exercise. A box jump-up with stabilization requires explosive concentric force to jump vertically onto a platform, followed by an isometric hold. A box jump-down with stabilization removes the explosive vertical propulsion requirement and instead focuses on eccentric force absorption and landing mechanics, which generally reduces intensity.

Horizontal jumps, squat jumps, and transverse jumps with stabilization typically demand more power output or multi-planar coordination than a controlled step/landing from a box. Thus, among the listed choices, the box jump-down with stabilization is the regression because it lowers concentric demand while still training landing control and joint stabilization-making it safer for clients not yet ready for the more intense jump-up variations.

NEW QUESTION # 86

Which of the following is included in lipids?

- A. Glycine
- B. Amino acids
- **C. Triglycerides**
- D. Polysaccharides

Answer: C

Explanation:

Lipids-commonly referred to as fats-include triglycerides, phospholipids, and sterols. The NASM Study Guide specifies: "Lipids are commonly referred to as fats and include triglycerides, phospholipids, and sterols." Triglycerides are the primary form of fat stored in the body and a major energy reserve, especially for prolonged, lower-intensity activity. Each triglyceride molecule consists of glycerol bound to three fatty acids. In contrast, glycine and amino acids are protein components, and polysaccharides are complex carbohydrates (e.g., starches). Lipids are energy dense (9 kcal/gram) and serve not only as a long-term energy source but also play roles in cell membrane integrity, hormone production, and nutrient absorption. Including triglycerides in the definition of lipids aligns directly with NASM's nutritional science section.

NEW QUESTION # 87

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