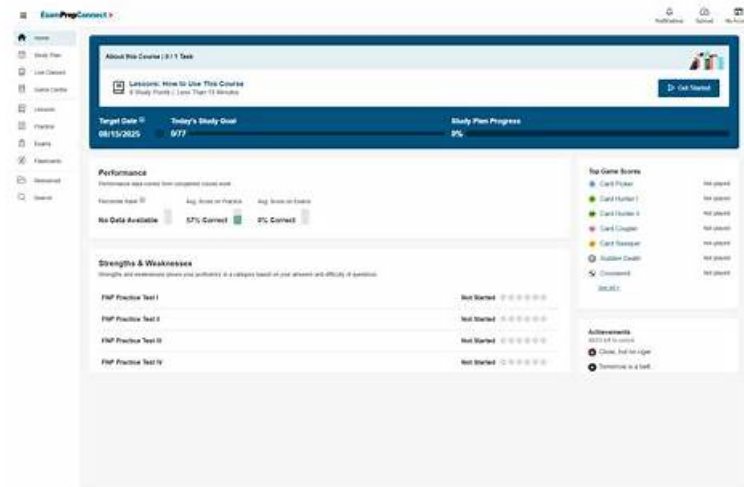


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## NASM Certified Personal Trainer Exam Sample Questions (Q145-Q150):

### NEW QUESTION # 145

A trainer notices a client shrug their shoulders during a cable press. Which of the following stretches should the trainer recommend to help the client lengthen the overactive muscles?

- A. Static erector spinae stretch
- B. Static upper trapezius/scalene stretch
- C. Static soleus stretch
- D. Static ball latissimus dorsi stretch

**Answer: B**

Explanation:

When a client shrugs their shoulders during a cable press, NASM's movement assessment principles indicate overactivity of the upper trapezius and scalenes-secondary muscles of respiration and neck movement. The guide points out in the respiratory system section that "abnormal breathing patterns... are associated with the use of secondary respiratory muscles (sternocleidomastoid, upper trapezius, or scalenes)." Overactivity in these muscles during upper body pushing movements reflects compensations, often due to weakness or under-recruitment of the prime movers (pectorals, deltoids, triceps) or stabilizers. Static stretching is recommended for overactive muscles to restore normal length-tension relationships. The "static upper trapezius/scalene stretch" directly addresses the tightness and helps improve overhead or forward pressing mechanics by reducing unwanted scapular elevation. Other stretches listed in the options (soleus, erector spinae, latissimus dorsi) target entirely different regions-lower leg, lower back, or lateral back muscles-and would not address the observed compensation. This correction aligns with NASM's flexibility continuum: inhibit (SMR) # lengthen (static stretch) # activate (strengthen underactive muscles) # integrate (dynamic movements), restoring balanced shoulder mechanics.

#### NEW QUESTION # 146

The MOST valuable evaluation tool to a personal trainer for a weight loss client is

- A. Body composition test
- B. Strength test
- C. Muscular test
- D. Cardiovascular test

**Answer: A**

#### NEW QUESTION # 147

Which of the following statements represents an intrinsic benefit of exercise?

- A. "I actually look forward to coming to the gym now."
- B. "My partner loves the way I look now."
- C. "I have logged my food and exercise for 3 weeks in a row."
- D. "I can play soccer with my kids now."

**Answer: A**

Explanation:

NASM differentiates intrinsic from extrinsic motivation. "Intrinsic motivation describes the motivation to do something that comes from within an individual; it is strongly related to long-term adherence." By contrast, "Extrinsic motivation happens when someone does something for rewards or recognition." The Study Guide's examples of intrinsic motives include "stress relief," "increasing energy," and "finding new ways to be challenged physically," highlighting enjoyment, personal satisfaction, and internal drive as hallmarks.

Among the choices, "I actually look forward to coming to the gym now" reflects enjoyment and internal satisfaction, which are intrinsic. In contrast, "My partner loves the way I look now" is driven by external validation (extrinsic). "I can play soccer with my kids now" is a meaningful outcome/functional benefit, but it reflects an external activity outcome rather than the internal enjoyment of exercising itself. "I have logged my food and exercise for 3 weeks in a row" is a behavioral process (self-monitoring) rather than a motive; NASM defines self-monitoring as "observing, measuring, and evaluating one's own behavior". Therefore, the statement that clearly represents an intrinsic benefit of exercise-enjoyment and positive feelings toward the activity-is option C.

#### NEW QUESTION # 148

Before a session begins, a client complains of muscle tightness between their shoulder blades and asks the trainer to massage the area. The trainer should

- A. Massage the area so they can start the session
- B. Send the client to a chiropractor instead of the session
- C. Give the client ibuprofen before the session
- D. Start the client with some stretching exercises

**Answer: B**

### NEW QUESTION # 149

If an active smoker is hesitant about beginning an exercise program, it would be appropriate to

- A. Start their exercise program but only if they agree to get the flu shot beforehand
- B. Recommend healthier alternatives to smoking such as using a vape instead
- C. Explain that exercise can still improve their lung function
- D. Encourage them to quit and come back when they are down to less than half pack a day

Answer: C

### NEW QUESTION # 150

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