

CPT模擬試験、CPT対策学習



P.S.JapancertがGoogle Driveで共有している無料の2026 NASM CPTダンプ： https://drive.google.com/open?id=1jTKDMiAjpcN3JSmgWZNNFJ2T-n_bxhA

すべての人が当社JapancertのCPT学習教材を使用することは非常に便利です。私たちの学習教材は、多くの人々が私たちの製品を購入した場合、多くの問題を解決するのに役立ちます。当社のCPT学習教材のオンライン版は機器に限定されません。つまり、学習教材を電話、コンピューターなどを含むすべての電子機器に適用できます。そのため、当社のオンライン版CPT学習教材は、試験の準備に非常に役立ちます。私たちは、CPT学習教材が良い選択になると信じています。

今多くのIT技術会社は職員がNASMのCPT資格認定を持つのを要求します。NASMのCPT試験に合格するのは必要なこととなります。速く試験に合格して資格認定を取得したいなら、我々JapancertのCPT問題集を使ってください。弊社はあなたに相応しくて品質高いCPT問題集を提供します。また、あなたの持っている問題集は一年間の無料更新を得られています。あなたは十分の時間でCPT試験を準備することができます。

>> CPT模擬試験 <<

正確的なCPT模擬試験 & 合格スムーズCPT対策学習 | 便利なCPT日本語独学書籍 NASM Certified Personal Trainer Exam

CPT学習ガイドの高品質と高効率、同じ業界の製品で際立っています。私たちの教材は常にユーザーのために考慮されています。CPT試験問題を選択すると、より良い自己になります。CPT実際の試験では、輝かしい未来に貢献したいと考えています。私たちの教材は常に改善されています。良いアイデアがあれば、私たちの教材は喜んで受け入れます。CPT試験資料は、このファミリーに参加するパートナーを増やすことを楽しみにしています。私たちは一緒に進歩し、より良くなります。

NASM Certified Personal Trainer Exam 認定 CPT 試験問題 (Q157-Q162):

質問 # 157

At the point of dangerous muscle overload, contraction is shut down by the

- A. Golgi tendon
- B. Endomysium tissue
- C. Myosin filaments
- D. Actin filaments

正解: A

質問 # 158

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.

正解: C

解説:

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.

質問 # 159

Which of the following is the greatest contributor to an increased cardiovascular risk profile?

- **A. Being sedentary**
- B. High caffeine intake
- C. Skipping meals
- D. Being underweight

正解: A

質問 # 160

Which of the following goal-setting techniques should a trainer use for a client who wants to lose 30 pounds in the next year?

- A. Explain to the client that their goal is unrealistic.
- B. Assist the client with writing an outcome goal.
- **C. Work with the client to create achievable short-term goals.**
- D. Ask the client open-ended questions to develop a long-term goal.

正解: C

解説:

The NASM CPT7 Study Guide emphasizes that when a client has a large, long-term goal-such as losing 30 pounds in a year-the CPT should break this into achievable short-term goals that act as stepping stones toward the ultimate objective. This strategy aligns with the SMART goal-setting framework (Specific, Measurable, Attainable, Realistic, Timely), which NASM identifies as essential for adherence and motivation.

For example, a trainer might help the client set a goal of losing 2-3 pounds per month through consistent exercise and nutrition habits, which, when compounded over the year, leads to the desired weight loss.

While open-ended questions (Option B) can help explore motivation, and outcome goals (Option C) define the desired result, neither directly ensures the process is broken down into realistic milestones. Telling a client their goal is "unrealistic" (Option D) may damage rapport and is not in line with NASM's client-centered coaching approach. Thus, creating short-term, realistic goals is the most effective way to keep the client engaged and progressing toward a big target.

質問 # 161

The S.A.I.D. principle applies primarily to

- A. Assessment measures for 1RM and VO# Max for the respective sport
- B. The adaptations for flexibility resulting from dynamic stretching prior to the activity
- **C. The training effect that is specific to the activity being performed**
- D. Deficiencies in the body's ability to adapt to athletic training modalities

正解: C

myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt,
myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt,
myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt,
myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt,
myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, Disposable vapes

無料でクラウドストレージから最新のJapancert CPT PDFダンプをダウンロードする: https://drive.google.com/open?id=1jTKDMiAjrpcN3JSmgWZNNFJ2T-n_bxhA