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NASM CPT Practice test Questions with Accurate Answers. 100% Proven Pass Rate.

Davis's law states which of the following?

Select one:

- a. A chronically shortened muscle will demonstrate poor neuromuscular efficiency.
- b. Soft tissue models along the lines of stress.
- c. A tight agonist muscle will decrease neural drive to its functional antagonist.
- d. The body will seek the path of least resistance during functional movement patterns. - ✓✓b. Soft tissue models along the lines of stress

Which of the following muscles is underactive if a client demonstrates an anterior pelvic tilt?

Select one:

- a. Erector spinae
- b. Psoas
- c. Latissimus dorsi
- d. Gluteus maximus - ✓✓d. Gluteus maximus

When assessing an overhead squat, an indication of relative flexibility due to tightness in the lateral gastrocnemius is:

Select one:

- a. the knees moving inward.
- b. external rotation of the feet.
- c. excessive forward lean.
- d. low back arches. - ✓✓b. external rotation of the feet.

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NASM Certified Personal Trainer Exam Sample Questions (Q45-Q50):

NEW QUESTION # 45

A client is able to correctly perform a single leg dumbbell overhead press. Which of the following is the appropriate stabilization progression for performing this exercise?

- A. Standing on one foot on a BOSU ball
- B. Standing with two feet on a BOSU ball
- C. Standing with an increased dumbbell weight
- D. Standing in a staggered stance on a stable surface

Answer: A

Explanation:

The NASM OPT model recommends increasing instability to progress stabilization demands, moving from stable # less stable # unstable environments. For a single leg dumbbell overhead press, the next stabilization progression is to maintain the single-leg position but place it on a BOSU ball, which significantly increases balance and proprioceptive challenges.

Increasing dumbbell weight (Option A) changes load, not stability. Standing in a staggered stance (Option B) reduces stability challenge compared to single leg. Standing with two feet on a BOSU ball (Option C) is unstable but less challenging than single leg on BOSU. Therefore, single leg on BOSU is the correct progression.

NEW QUESTION # 46

A client has an overactive lateral gastrocnemius. Which of the following types of flexibility training is appropriate for this client?

- A. Plyometric
- B. Active
- C. Dynamic
- D. Static

Answer: D

Explanation:

For an overactive lateral gastrocnemius, the CPT7 guide recommends static stretching to lengthen the muscle and reduce tension via autogenic inhibition. Static flexibility involves holding a stretch for ~30 seconds, allowing the Golgi tendon organs to signal relaxation. This is part of the corrective flexibility approach in NASM's flexibility continuum, used to address overactivity before dynamic or performance-focused stretching. Active or dynamic stretching is better suited for warming up underactive muscles, while plyometric work is not appropriate for addressing overactivity.

NEW QUESTION # 47

Which of the following is the primary function of the skeletal system?

- A. Controls kinesthetic motor responses
- B. Responds to changes in the external environment
- C. Generates internal tension to produce movement
- D. Performs as levers when acted upon by muscles

Answer: D

Explanation:

The NASM CPT7 Study Guide states that one of the skeletal system's core functions is to provide the rigid framework that supports the body and serves as levers for movement when acted upon by muscles.

Specifically, "Human bones act as attachment sites and levers (rigid rods) to produce movement when muscles contract." Muscles generate the force, but it is the skeletal structure-through the interaction of bones, joints, and connective tissues-that converts that force into purposeful motion. This lever system can be first-, second-, or third-class, with most human movements involving third-

class levers. The other options describe the functions of different body systems: generating internal tension is the role of the muscular system, responding to external stimuli is primarily the nervous system's role, and kinesthetic motor control involves integration between the nervous and muscular systems. Thus, the primary skeletal function relevant here is acting as levers in conjunction with muscle contractions to facilitate movement.

NEW QUESTION # 48

The typical adult skeleton is composed of how many bones?

- A. 0
- B. 1
- C. 2
- D. 3

Answer: D

NEW QUESTION # 49

When a client performs a rotation chest pass, what is the proper position for the pivoting back leg?

- A. Triple extension
- B. Triple flexion
- C. Dorsiflexion
- D. Hyperextension

Answer: A

Explanation:

A rotation chest pass in a power training context uses a pivot of the back leg to generate rotational force.

Proper mechanics require triple extension—simultaneous extension at the hip, knee, and ankle—to produce maximum power from the lower body through the kinetic chain. This extension helps transfer force from the ground through the core to the upper body and into the throw. NASM emphasizes that triple extension is critical in movements involving force generation like sprints, jumps, and rotational throws. Triple flexion is the opposite movement (hip, knee, ankle flexion) and occurs during load absorption phases.

NEW QUESTION # 50

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