

Exam CPT Overviews - CPT Valid Test Tutorial

NASM CPT PRACTICE TEST Questions with Complete Solutions

Which of the following is the recommended rest interval when performing a circuit for phase 5 resistance training?

- a: 0 to 30 seconds
- b: 31 to 60 seconds
- c: 1-2 minutes
- d: 3-5 minutes **Answer- D: 3-5 minutes**

Which of the following is part of the marketing mix?

- a: prominence
- b: public
- c: place
- d: professionalism **Answer- C: place**

When a client practices self-myofascial release, which of the following physiological changes is the goal?

- a. An increase in joint receptor activity results in an inhibition of muscles around a joint.
- b. A decrease in neurotransmitter activity results in the contraction of a muscle.
- c. A decrease in muscle spindle activity results in the contraction of a muscle.
- d. An increase in Golgi tendon organ activity results in relaxation of a muscle. **Answer- d. An increase in Golgi tendon organ activity results in relaxation of a muscle.**

Which of the following is the correct repetition range and tempo for the Stabilization, Strength and Power Phases of the OPT model?

- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive
- b. 12-20/Moderate, 1-10/Explosive, 1-12/Slow
- c. 1-10/Slow, 12-20/Moderate, 1-12/Explosive
- d. 1-10/Moderate, 12-20/Slow, 1-12/Explosive **Answer- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive**

After completing the Three-Minute Step Test, a 20-year-old male scored in zone 2. What is the correct heart rate range for when he does cardio training?

- a. 86% to 95% of HR max
- b. 76% to 85% of HR max
- c. 65% to 75% of HR max
- d. 55% to 60% of HR max **Answer- b. 76% to 85% of HR max**

Which of the following is the innermost layer of muscular connective tissue?

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NASM Certified Personal Trainer Exam Sample Questions (Q170-Q175):

NEW QUESTION # 170

Which of the following describes the anatomical position of the sternum in relation to the pelvis?

- A. Inferior
- **B. Superior**
- C. Lateral
- D. Medial

Answer: B

NEW QUESTION # 171

A client previously focused on gaining muscle has requested to be converted to a fat-loss program. Which of the following is BEST indicated in devising a new program?

- A. Infrequent cardio sessions
- B. Utilize heavy weights
- **C. Long duration exercise**
- D. High impact movements

Answer: C

NEW QUESTION # 172

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

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

Answer: D

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 # 173

Which of the following verbal directions should a trainer provide a client to engage local core stabilizers?

- A. "Brace."
- B. "Bear down."
- **C. "Draw-in."**
- D. "Retract."

Answer: C

Explanation:

The NASM CPT7 Study Guide describes the drawing-in maneuver as an activation technique to engage local core stabilizers such as the transversus abdominis, internal obliques, and multifidus. This involves pulling the navel in toward the spine while maintaining a

neutral pelvis and spine.

The "bear down" cue is associated with the Valsalva maneuver, which increases intra-abdominal pressure but does not specifically target local stabilizers. "Retract" usually refers to scapular movement, and "brace" is more about global core stabilization involving simultaneous contraction of the abdominal and low back muscles. For training local stabilizers, the correct verbal cue is "Draw-in."

NEW QUESTION # 174

A trainer is working with a client who is performing the floor cobra exercise. Which of the following instructions should the trainer provide?

- A. "Retract and depress your shoulder blades."
- B. "Look up and lift your chest off the floor."
- C. "Relax your glutes."
- D. "Point your thumbs down."

Answer: A

Explanation:

The floor cobra is a corrective and postural exercise designed to strengthen the mid and lower trapezius, rhomboids, and rotator cuff muscles while promoting optimal scapular positioning. According to NASM technique cues, the client should lie prone, arms to the sides with thumbs pointing up, and focus on retracting (pulling together) and depressing (pulling downward) the shoulder blades. This encourages proper scapulothoracic motion and reduces overactivity of the upper trapezius and levator scapulae, which are common in postural distortions like upper crossed syndrome. The cue "relax your glutes" is incorrect here- glutes can remain gently active for pelvic stability. "Point your thumbs down" internally rotates the shoulders, counteracting the corrective intent. "Look up and lift your chest" risks cervical extension and lumbar strain rather than maintaining a neutral spine with scapular control.

NEW QUESTION # 175

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