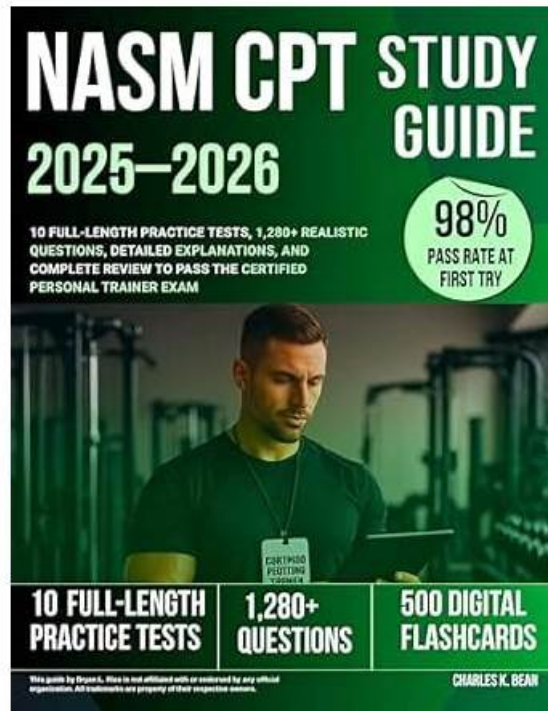


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NASM Certified Personal Trainer Exam Sample Questions (Q29-Q34):

NEW QUESTION # 29

A client sets a goal to jog for 1 hour 3 days per week and attend two personal training sessions per week. This is an example of which of the following types of goals?

- A. Short-term
- **B. Process**
- C. Outcome
- D. Long-term

Answer: B

Explanation:

NASM clearly differentiates between process goals (specific actions or behaviors) and outcome goals (the end result). Process goals focus on what you will do—the behaviors that lead to an outcome. The Study Guide gives examples such as "Jog for 45 minutes starting at 6:30 a.m. Monday-Friday" or "Strength training 5 days per week." In this case, the client's plan—"jog for 1 hour 3 days per week and attend two personal training sessions per week"—is a description of specific, repeatable behaviors, not the final achievement (e.g., losing

10 pounds or completing a race). Process goals are crucial because they are entirely within the client's control, build consistency, and lead toward long-term success. NASM emphasizes that focusing on process goals can improve adherence and motivation, as progress is measurable by completion of the planned actions, regardless of the final outcome.

NEW QUESTION # 30

Which of the following is the contractile component of muscle tissue where actin and myosin are repaired for muscle growth?

- A. Mitochondria
- **B. Myofibril**
- C. Sarcolemma
- D. Epimysium

Answer: B

NEW QUESTION # 31

Which of the following data should a trainer obtain when gathering objective information for a fitness assessment?

- **A. Blood pressure**
- B. Past injuries
- C. Medical history
- D. Past surgeries

Answer: A

Explanation:

When collecting objective information in a fitness assessment, NASM includes measurable physiological data such as resting heart rate, blood pressure, body composition, postural assessment results, and performance metrics.

Medical history, past injuries, and past surgeries are subjective information gathered from client self-reports.

Blood pressure, however, is measured by the trainer using a sphygmomanometer, making it objective and quantifiable.

NEW QUESTION # 32

Which proprioceptor, located within a muscle, functions to reduce the risk of injury to the muscle?

- A. Stretch receptor
- **B. Golgi tendon organ**
- C. Semicircular canal

- D. Nociceptor

Answer: B

NEW QUESTION # 33

Which term describes the client's target heart rate prior to performing the next set?

- A. Maximal
- B. Resting
- C. Recovery
- D. Post-set

Answer: C

NEW QUESTION # 34

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