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NASM CPT practice test 2024

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. - answerb. 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 - answerd. 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. - answerb. external rotation of the feet.

When talking to a client, conversational techniques that express the purported meaning of what was just heard are referred to as:

Select one:

- a. reflections.
- b. affirmations.
- c. compliments.
- d. judgments. - answera. reflections.

Which of the following best describes the code of conduct for a fitness professional?

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NASM Certified Personal Trainer Exam Sample Questions (Q187-Q192):

NEW QUESTION # 187

While coaching a client through a basic squat set, the trainer notices that the client's knees cave inward. What could this observation imply?

- A. The client has weak hip flexors
- B. The client has poor hip mobility
- **C. The client has tight adductors**
- D. The client has a damaged ACL

Answer: C

NEW QUESTION # 188

On the flexibility continuum, corrective flexibility consists of which of the following?

- A. Active
- **B. Static**
- C. Dynamic
- D. Functional

Answer: B

Explanation:

On the Flexibility Continuum, NASM identifies three primary types of flexibility: Corrective, Active, and Functional. Corrective flexibility is described as involving "self-myofascial release and static stretching" to improve muscle imbalances and increase joint range of motion. Static stretching involves taking a muscle to the point of tension and holding it for at least 20-30 seconds. This is especially beneficial in the Stabilization Level of the OPT model and for clients needing to address altered length-tension relationships. Dynamic flexibility is part of functional flexibility, while active flexibility uses active-isolated stretching, not static. Therefore, Static is the correct answer for corrective flexibility.

NEW QUESTION # 189

During an overhead squat assessment, a client demonstrates an excessive anterior pelvic tilt. Which of the following muscles is considered shortened?

- A. Transverse abdominis
- B. Piriformis
- C. Biceps femoris
- **D. Latissimus dorsi**

Answer: D

Explanation:

During an overhead squat assessment, an excessive anterior pelvic tilt often indicates an overactive/shortened hip flexor complex, erector spinae, and latissimus dorsi. The NASM CPT7 Study Guide explains that altered length-tension relationships occur "when a muscle's resting length is too short or too long, reducing the amount of force it can produce" and that muscle imbalance around the LPHC can affect posture and movement efficiency.

The latissimus dorsi, in particular, crosses the lumbopelvic region and, when shortened, can increase lumbar extension and anterior pelvic tilt during movements like the overhead squat. This happens because the lats attach to the thoracolumbar fascia and pelvis, pulling the pelvis into an anterior rotation when overactive.

NASM's movement assessment guidelines identify the lats as a common overactive muscle contributing to excessive lumbar extension and anterior tilt in squat patterns.

Conversely, muscles like the transverse abdominis act as stabilizers to resist this tilt, while hamstrings (including biceps femoris) often present as lengthened in this compensation pattern. The piriformis is typically associated with hip external rotation issues, not directly anterior tilt. Therefore, among the listed options, the latissimus dorsi is the key shortened muscle contributing to excessive anterior pelvic tilt in the overhead squat assessment.

NEW QUESTION # 190

To avoid muscle strains, joint pain, and emotional fatigue, which of the following concepts should be implemented?

- A. Vertical loading
- B. Neuromuscular specificity
- C. Periodization
- D. Mechanical specificity

Answer: C

Explanation:

Periodization is the systematic planning of training to prevent overtraining, reduce the risk of injury, and promote continual progress. NASM emphasizes that by cycling through phases of varying intensity, volume, and rest, trainers can avoid muscle strains, joint pain, and emotional fatigue. The OPT model itself is a form of periodization, ensuring clients have structured progression from stabilization to power while incorporating recovery periods.

NEW QUESTION # 191

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. Long-term
- C. Outcome
- D. Process

Answer: D

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 # 192

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