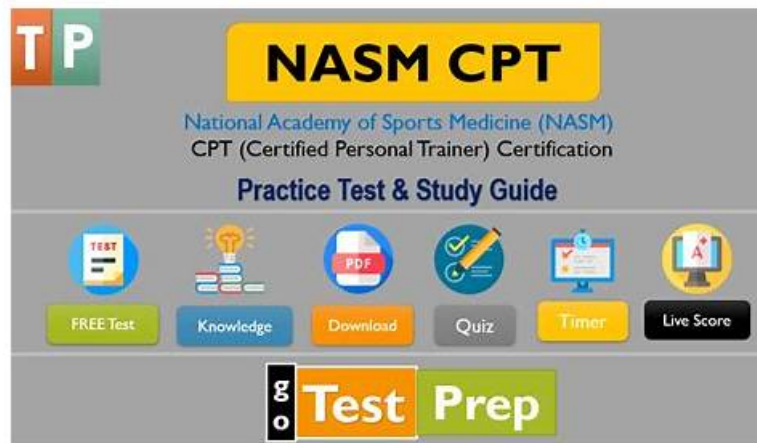


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NASM Certified Personal Trainer Exam Sample Questions (Q162-Q167):

NEW QUESTION # 162

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

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

Answer: D

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 # 163

Functional units of skeletal muscle that occur in repeating segments along the myofibril are called

- A. Myocytes
- B. Motor units
- C. Sarcomeres
- D. Filaments

Answer: C

NEW QUESTION # 164

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

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

Answer: A

NEW QUESTION # 165

Which of the following cues should a trainer give to a client who is performing a two-leg floor bridge?

- A. Avoid raising the hips too far off the floor.
- B. Place feet together.
- C. Position heels on the floor with the toes up.
- D. Relax the gluteal muscles.

Answer: A

Explanation:

The two-leg floor bridge is designed to activate the gluteals and hamstrings while keeping the lumbar spine neutral. The NASM CPT7 Study Guide cautions against overextending the hips, which causes excessive lumbar extension and can shift emphasis away from the glutes to the lower back.

Heels should be on the floor with feet hip-width apart, not together. Pointing toes up (Option A) is more relevant to hamstring isolation work. Relaxing the glutes (Option D) contradicts the purpose of the exercise.

Therefore, the correct cue is "Avoid raising the hips too far off the floor."

NEW QUESTION # 166

If an active smoker is hesitant about beginning an exercise program, it would be appropriate to

- A. Start their exercise program but only if they agree to get the flu shot beforehand
- B. Explain that exercise can still improve their lung function
- C. Recommend healthier alternatives to smoking such as using a vape instead
- D. Encourage them to quit and come back when they are down to less than half pack a day

Answer: B

NEW QUESTION # 167

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