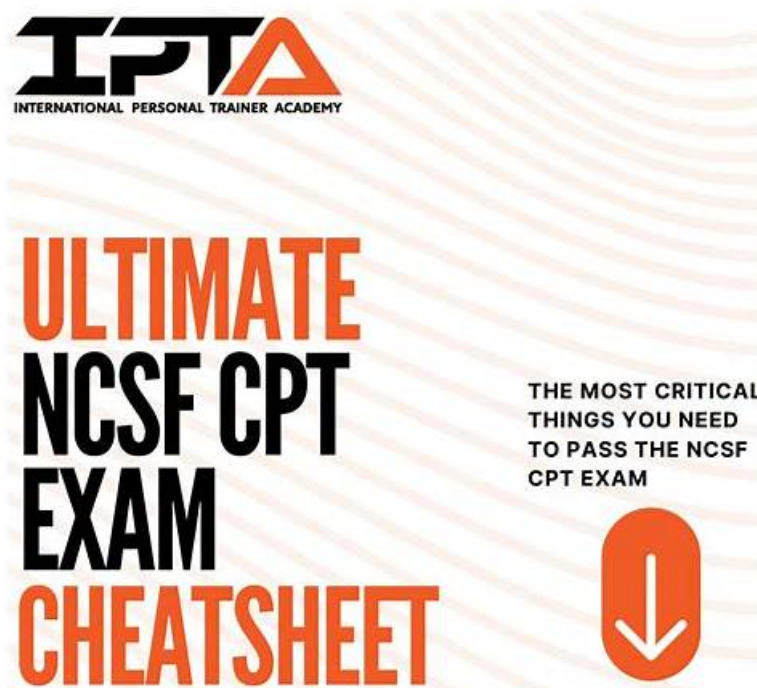


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## NASM Certified Personal Trainer Exam Sample Questions (Q108-Q113):

### NEW QUESTION # 108

Which of the following instructions should a personal trainer give a client during static stretching?

- A. Hold the stretch for 1 to 2 seconds and repeat for 5 to 10 repetitions.
- B. Complete one set of 10 repetitions for three or more exercises.
- C. Complete one to three sets and hold each stretch for 30 seconds.
- D. Sustain pressure on a tender spot for a minimum of 30 seconds.

Answer: C

Explanation:

For static stretching, NASM recommends holding each stretch for about 30 seconds to allow for relaxation of the muscle via autogenic inhibition. The guide outlines completing 1-3 sets per muscle group, particularly after workouts or as part of a corrective flexibility program. This method helps increase joint range of motion, correct muscle imbalances, and reduce tension in overactive muscles. Shorter holds (1-2 seconds) are used in dynamic warm-ups, not static stretching.

#### NEW QUESTION # 109

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

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

**Answer: B**

#### NEW QUESTION # 110

Cardiorespiratory fitness refers to the

- A. Improvement in heart rate that the body is capable of as it increases exercise duration with each session of endurance activity.
- **B. Outcomes of regular exercise relating to the ability to supply oxygen to skeletal muscle during sustained physical activity.**
- C. Level of cardiac functions that are required to sustain blood pressure and blood flow through the arterial components during exercise bouts.
- D. Benefits of endurance activities that require the heart to work at maximal capacity in an effort to strengthen cardiac muscle.

**Answer: B**

#### NEW QUESTION # 111

Which of the following is the third step in the Stages of Change model?

- A. Preparation
- B. Action
- **C. Contemplation**
- D. Precontemplation

**Answer: C**

Explanation:

The third step in the Stages of Change model is contemplation. NASM describes this stage as when individuals are aware of the benefits of exercise and are thinking about starting, but have not yet committed to taking action. They often weigh pros and cons, and motivation is inconsistent. The sequence is: 1.

Precontemplation, 2. Preparation, 3. Contemplation, 4. Action, 5. Maintenance. Correctly identifying the stage allows the trainer to use strategies like motivational interviewing to encourage commitment.

#### NEW QUESTION # 112

Which of the following terms refers to the process of muscles moving together to produce movement around a joint?

- **A. Force-couple relationship**
- B. Force-velocity curve
- C. Length-tension relationship
- D. Synergistic dominance

**Answer: A**

Explanation:



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