

CPT試験の準備方法 | 真実的なCPT認証試験試験 | 正確なNASM Certified Personal Trainer Exam勉強資料



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>> CPT認証試験 <<

CPT勉強資料 & CPT試験番号

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NASM Certified Personal Trainer Exam 認定 CPT 試験問題 (Q15-Q20):

質問 # 15

Which of the following is one of the four P's of a marketing plan?

- A. Product
- B. Payroll
- C. Profession
- D. Performance

正解: A

解説:

The Four P's of marketing-Product, Price, Promotion, and Place-are a foundational business concept emphasized in the NASM CPT7 Study Guide. NASM states: "The Four Ps of marketing include product, price, promotion, and place". In a personal training context, the "product" refers to the actual service or program offered-such as private sessions, group training, or online coaching-and the value it brings to the client. It's the core of the marketing message because it defines what you're selling. The other Ps address cost (price), awareness (promotion), and delivery method/location (place). The options profession, performance, and payroll are not

part of this established framework. Thus, "Product" is the correct choice.

質問 # 16

During a single-leg squat assessment, a client's knee moves inward. Which of the following muscles should the client strengthen?

- A. Biceps femoris
- B. TFL
- C. VMO
- D. Adductor complex

正解: C

解説:

In the single-leg squat assessment, inward knee movement (knee valgus) indicates a lack of frontal-plane knee stability, often caused by underactivity in the vastus medialis oblique (VMO) and gluteus medius. The NASM CPT7 Study Guide identifies the VMO as a critical stabilizer of the patella and knee joint, especially in terminal extension.

Overactive muscles in this compensation often include the adductor complex and tensor fascia latae (TFL), which pull the knee inward. Strengthening the VMO and gluteus medius improves knee tracking, preventing valgus collapse. Therefore, VMO strengthening is essential for correcting this compensation.

質問 # 17

A trainer notices that a client's shoulders elevate and his head migrates forward during a pushing assessment. Which of the following muscles may be overactive?

- A. Upper trapezius and sternocleidomastoid
- B. Middle and lower trapezius
- C. Intrinsic core stabilizers and latissimus dorsi
- D. Deep cervical flexors and erector spinae

正解: A

解説:

When shoulders elevate and the head moves forward during a pushing assessment, NASM identifies overactive muscles including the upper trapezius, sternocleidomastoid, and levator scapulae. These compensations suggest dominance of neck and shoulder elevators combined with underactivity of stabilizers such as the deep cervical flexors and mid/lower trapezius. Corrective strategies involve inhibiting and stretching the overactive muscles, then activating the underactive ones to restore optimal pushing mechanics.

質問 # 18

In which of the following situations should a trainer refer a client to a medical practitioner?

- A. When the trainer becomes aware of diagnosed hypertension.
- B. When the trainer becomes aware of diagnosed diabetes.
- C. When the trainer becomes aware of undiagnosed osteoporosis.
- D. When the trainer becomes aware of an undiagnosed allergy.

正解: C

解説:

NASM's scope-of-practice guidelines clearly state that personal trainers must refer clients to qualified medical professionals when they suspect or become aware of any undiagnosed condition that could impact health and exercise safety. Undiagnosed osteoporosis poses significant risks for fractures and requires a physician's evaluation before beginning or continuing a program. Conversely, diagnosed conditions (like diabetes or hypertension) can be trained for within guidelines, provided the trainer follows physician recommendations.

質問 # 19

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

