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NASM Certified Personal Trainer Exam Sample Questions (Q42-Q47):

NEW QUESTION # 42

A client who is seeking an equally committed workout partner is in which of the following stages of change?

- A. Action
- B. Contemplation
- C. Preparation
- D. Maintenance

Answer: C

Explanation:

In the Stages of Change Model, the preparation stage is when a client intends to start exercising soon (within the next 30 days) and may already be taking small steps toward change, such as seeking a workout partner.

In contrast:

Contemplation = thinking about change but not ready to start soon.

Action = actively engaging in new behavior.

Maintenance = sustaining the behavior for 6+ months.

Therefore, actively looking for a committed workout partner indicates preparation.

NEW QUESTION # 43

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 # 44

Which of the following methods for prescribing cardiorespiratory exercise intensity includes a client's predicted maximal and resting heart rate?

- **A. HR Reserve (HRR)**
- B. Peak VO₂
- C. Peak Metabolic Equivalent (MET)
- D. Peak Maximal Heart Rate (MHR)

Answer: A

Explanation:

The Heart Rate Reserve (HRR) method, also called the Karvonen formula, uses both a client's predicted maximal heart rate and their resting heart rate to determine appropriate training intensities. The NASM CPT7 Study Guide notes that this method accounts for individual differences in resting heart rate, providing a more personalized target zone than the Peak Maximal Heart Rate (MHR) method, which uses only age-predicted maximum. The formula is:

Target HR = [(HR_{max} - HR_{rest}) × %Intensity] + HR_{rest}.

NEW QUESTION # 45

A client has been engaged in a comprehensive aerobic training program for six months and has improved their cardiorespiratory fitness. Over this period, which of the following variables is LEAST likely to have changed as a direct result of the client's aerobic training?

- A. VO₂ Max
- **B. Maximal heart rate**
- C. Resting heart rate
- D. Systolic blood pressure

Answer: B

NEW QUESTION # 46

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

Answer: C

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

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