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NASM Certified Personal Trainer Exam Sample Questions (Q183-Q188):

NEW QUESTION # 183

Which of the following is an ethical technique certified personal trainers (CPT) use to motivate clients?

- A. Offer bribes
- B. Create enthusiasm
- C. Reverse psychology
- D. Withhold feedback

Answer: B

NEW QUESTION # 184

What is a symptom of overtraining?

- A. Unexplained lean weight loss
- B. Decrease of bone density

- C. Trouble falling asleep
- D. Sudden hair loss

Answer: C

NEW QUESTION # 185

Which of the following is the next phase in the integrated performance paradigm after forces are reduced eccentrically?

- A. Produce concentrically
- B. Stabilize isometrically
- C. Produce isotonicity
- D. Stabilize eccentrically

Answer: B

Explanation:

NASM's Integrated Performance Paradigm outlines three sequential phases of efficient movement:

Reduce force eccentrically (control and decelerate)

Stabilize isometrically (hold position to maintain control and alignment) Produce force concentrically (accelerate in the intended direction).

The isometric stabilization phase occurs immediately after the eccentric phase and before concentric acceleration. For example, in a jump, the body first absorbs impact forces eccentrically, then stabilizes to maintain proper alignment and readiness for propulsion, and finally explosively extends joints concentrically to lift off.

The isometric stabilization stage is critical for joint integrity, muscle coordination, and injury prevention, as it allows the neuromuscular system to prepare for the next movement phase. Therefore, following the eccentric force reduction in the performance paradigm, the next step is to stabilize isometrically.

NEW QUESTION # 186

Which joint is MOST susceptible to sports-related, lateral movement, and collision injuries?

- A. Knee
- B. Elbow
- C. Hip
- D. Ankle

Answer: A

NEW QUESTION # 187

It is BEST to incorporate static stretching

- A. after waking up
- B. before workout
- C. after workout
- D. before bedtime

Answer: C

NEW QUESTION # 188

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