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NASM Certified Personal Trainer Exam Sample Questions (Q61-Q66):

NEW QUESTION # 61

Body fat should NOT exceed what percentage of total weight in women?

- A. 20%
- B. 25%
- C. 22%
- D. 15%

Answer: B

NEW QUESTION # 62

A trainer is instructing a client about performing an OHSA. Which of the following should the trainer include?

- A. "Start by extending your arms forward and parallel with the floor."
- B. "Start by placing your hands on your hips with your elbows bent."
- C. "Start by crossing your arms over your chest."
- D. "Start by raising your arms over your head with your elbows fully extended."

Answer: D

Explanation:

The Overhead Squat Assessment (OHSA) is a key movement screening tool in NASM's assessment protocol.

The proper starting position requires the client to stand with feet shoulder-width apart, pointing straight ahead, and arms raised directly overhead with elbows fully extended. This position places the shoulders in full flexion and challenges the client's ability to maintain posture through the kinetic chain during the squat. The Study Guide specifies that this alignment allows observation of compensations in the ankles, knees, hips, LPHC, and shoulders. Starting with arms forward, crossed, or on the hips would not adequately test upper extremity and spinal stability in relation to lower-body mechanics, and would reduce the assessment's diagnostic value.

NEW QUESTION # 63

Which bone is located in the arm?

- A. Sacrum
- B. Sternum
- C. Hyoid
- **D. Radius**

Answer: D

NEW QUESTION # 64

The written documentation that states a client assumes the risk of an exercise program is the:

- A. Personal training contract
- B. Physician's release
- C. Liability insurance
- **D. Informed consent**

Answer: D

NEW QUESTION # 65

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

Answer: B

NEW QUESTION # 66

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