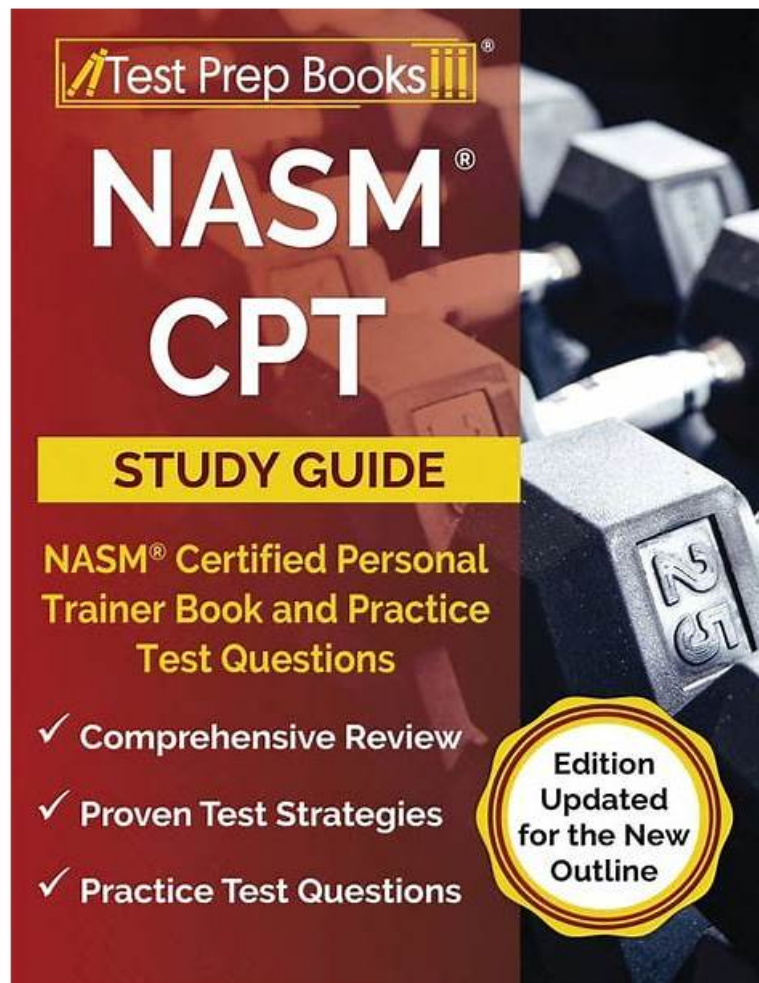


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## NASM Certified Personal Trainer Exam Sample Questions (Q98-Q103):

### NEW QUESTION # 98

Which of the following contractions decelerates the muscle while allowing the muscle to return to the starting point of the exercise?

- A. Eccentric
- B. Isometric
- C. Isotonic
- D. Concentric

**Answer: A**

### NEW QUESTION # 99

Which muscle tissue type allows for vasoconstriction and vasodilation?

- A. Smooth
- B. Striated
- C. Cardiac
- D. Skeletal

**Answer: A**

### NEW QUESTION # 100

Body weight alone does not distinguish between which of the following body composition factors?

- A. Fat mass and lean mass
- B. Fat mass and water mass
- C. Lean mass and water mass
- D. Lean mass and bone mass

**Answer: A**

### NEW QUESTION # 101

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

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

**Answer: A**

### NEW QUESTION # 102

A trainer is discussing nutrition with a client. Which of the following information about fat should the trainer include?

- A. "Olive oil and almonds are sources of saturated fats."
- B. "Fats regulate the uptake and excretion of nutrients in the cells."
- C. "Fats are absorbed quickly for energy use in high-intensity exercise."
- D. "Fat should represent less than 10 percent of your daily caloric intake."

**Answer: B**

Explanation:

The NASM CPT7 Study Guide highlights that fats play key roles beyond energy storage, including regulating the uptake and excretion of nutrients in the cells. Healthy fats, particularly unsaturated fats from sources like olive oil, nuts, and seeds, support hormone production, cell membrane structure, and vitamin absorption.

Contrary to option B, olive oil and almonds are sources of unsaturated fats, not saturated. The guide recommends that fats generally make up 20-35% of daily caloric intake, not less than 10% as stated in option C). While fats can be used for energy during low-intensity activities, they are not absorbed quickly for immediate use during high-intensity exercise, making option D incorrect.

## NEW QUESTION # 103

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