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Davis's law states which of the following?

Select one:

- a. A chronically shortened muscle will demonstrate poor neuromuscular efficiency.
- b. Soft tissue models along the lines of stress.
- c. A tight agonist muscle will decrease neural drive to its functional antagonist.
- d. The body will seek the path of least resistance during functional movement patterns. - ✓✓b. Soft tissue models along the lines of stress

Which of the following muscles is underactive if a client demonstrates an anterior pelvic tilt?

Select one:

- a. Erector spinae
- b. Psoas
- c. Latissimus dorsi
- d. Gluteus maximus - ✓✓d. Gluteus maximus

When assessing an overhead squat, an indication of relative flexibility due to tightness in the lateral gastrocnemius is:

Select one:

- a. the knees moving inward.
- b. external rotation of the feet.
- c. excessive forward lean.
- d. low back arches. - ✓✓b. external rotation of the feet.

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NASM Certified Personal Trainer Exam Sample Questions (Q19-Q24):

NEW QUESTION # 19

During the overhead squat assessment, a client exhibits an excessive forward lean. This indicates decreased neural drive in which of

the following muscles?

- A. Erector spinae
- B. Rectus femoris
- C. Popliteus
- D. Rhomboids

Answer: A

Explanation:

In the Overhead Squat Assessment (OHSA), an excessive forward lean often indicates underactive erector spinae muscles along with other potential compensations. The NASM CPT7 Study Guide explains that decreased neural drive (underactivity) in the erector spinae reduces the spine's ability to remain extended against gravity, leading to a forward trunk angle.

The erector spinae are part of the posterior chain, working synergistically with the gluteus maximus and hamstrings to maintain upright posture during squatting. When they are underactive, other muscles—such as the hip flexor complex—may dominate, pulling the pelvis and torso forward. Popliteus primarily assists with knee stability and internal rotation of the tibia, rhomboids are involved in scapular retraction (not lumbar extension), and the rectus femoris is a hip flexor/knee extensor, often overactive in forward lean cases. Thus, the forward lean points directly to reduced neural drive in the erector spinae.

NEW QUESTION # 20

When using proprioceptive neuromuscular facilitation (PNF) stretching techniques, how long should the isometric contraction be held for?

- A. 13-15 seconds
- B. 19-21 seconds
- C. 10-12 seconds
- D. 16-18 seconds

Answer: C

NEW QUESTION # 21

Which of the following cues should a trainer give to a client who is performing a two-leg floor bridge?

- A. Place feet together.
- B. Relax the gluteal muscles.
- C. Avoid raising the hips too far off the floor.
- D. Position heels on the floor with the toes up.

Answer: C

Explanation:

The two-leg floor bridge is designed to activate the gluteals and hamstrings while keeping the lumbar spine neutral. The NASM CPT7 Study Guide cautions against overextending the hips, which causes excessive lumbar extension and can shift emphasis away from the glutes to the lower back.

Heels should be on the floor with feet hip-width apart, not together. Pointing toes up (Option A) is more relevant to hamstring isolation work. Relaxing the glutes (Option D) contradicts the purpose of the exercise.

Therefore, the correct cue is "Avoid raising the hips too far off the floor."

NEW QUESTION # 22

A client's head protrudes forward during a pulling assessment. Which of the following muscles may be underactive?

- A. Levator scapulae
- B. Upper trapezius
- C. Deep cervical flexors
- D. Sternocleidomastoid

Answer: C

Explanation:

In a pulling assessment, if a client's head protrudes forward, NASM identifies the deep cervical flexors as commonly underactive. This forward head posture often results from overactivity in muscles such as the upper trapezius, sternocleidomastoid, and levator scapulae, combined with underactivity in stabilizing muscles like the deep cervical flexors. Corrective strategies include activation exercises for the deep cervical flexors and stretching/inhibiting the overactive neck and shoulder muscles.

NEW QUESTION # 23

A trainer is holding a consultation with a new client who is in the preparation stage of change. Which of the following actions should the trainer take first?

- A. Lead her through a challenging workout.
- B. Design a new workout program using the OPT model.
- C. Perform the shark skill test.
- D. Discuss realistic expectations with her.

Answer: D

Explanation:

In the preparation stage of the Transtheoretical Model, the client is getting ready to start regular activity but has not yet established a consistent routine. The NASM CPT7 Study Guide emphasizes that the trainer's initial focus should be on building rapport, setting realistic expectations, and helping the client develop a clear plan rather than jumping into testing or advanced program design. This discussion fosters motivation, commitment, and clarity, ensuring the client transitions smoothly into regular training with sustainable habits.

NEW QUESTION # 24

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