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NASM Certified Personal Trainer Exam Sample Questions (Q23-Q28):

NEW QUESTION # 23

A trainer is working with a client who makes a statement about always feeling hungry and fatigued. Which of the following is an appropriate response for the trainer to make?

- A. "Have you thought about talking to your doctor?"
- B. "That means you haven't eaten enough today."
- C. "Have you thought about taking performance supplements?"
- D. "Those feelings can be consistent with diabetes."

Answer: A

Explanation:

NASM's scope of practice clearly states that personal trainers cannot diagnose medical conditions or prescribe treatments. When a client expresses symptoms such as persistent hunger and fatigue, which could indicate various medical issues (including but not limited to diabetes), the correct and ethical response is to refer them to a qualified healthcare professional.

Saying "That means you haven't eaten enough today" (Option A) is speculative and assumes a cause without evidence. Suggesting a possible diagnosis such as "consistent with diabetes" (Option C) steps outside the trainer's scope of practice. Recommending performance supplements (Option D) without first ruling out underlying health issues is inappropriate and potentially unsafe. By encouraging the client to consult a doctor, the trainer remains within scope, ensures client safety, and upholds professional responsibility.

NEW QUESTION # 24

When a client is performing a dumbbell chest press, the trainer should spot the client in which of the following locations?

- A. Elbows
- B. Forearms
- C. Wrist
- D. Dumbbell

Answer: C

Explanation:

When spotting a dumbbell chest press, NASM recommends placing the hands at the client's wrists to help control the path of the dumbbells without restricting elbow movement.

Spotting at the elbows or forearms offers less stability and could allow the weight to drift into unsafe positions. Holding the dumbbells directly can disrupt the client's grip and balance. By spotting at the wrists, the trainer can assist only as much as needed while allowing the client to maintain proper form.

NEW QUESTION # 25

Which of the following is the recommended rest interval when performing a circuit for phase five resistance training?

- A. 1 to 2 min
- B. 3 to 5 min
- C. 31 to 59 seconds
- D. 0 to 30 seconds

Answer: D

Explanation:

In Phase 5: Power Training of the OPT model, the recommended rest intervals during circuit-style resistance training are typically 0 to 30 seconds between exercises to maintain high intensity while challenging the neuromuscular system. NASM specifies that short rest intervals in circuit formats improve both muscular endurance and caloric expenditure, especially when alternating between strength and power moves. Although maximal power efforts sometimes require longer rest (1-5 min) for full recovery, in a circuit for Phase 5, the goal is to keep the heart rate elevated and transition quickly between paired strength and power exercises.

NEW QUESTION # 26

Which of the following muscle types acts as a prime mover?

- A. Stabilizer
- B. Agonist
- C. Synergist
- D. Antagonist

Answer: B

Explanation:

In NASM terminology, the agonist is the prime mover - the muscle most responsible for generating the main force in a movement. For example, in a squat, the gluteus maximus is an agonist for hip extension. The CPT7 Study Guide explains that while synergists assist and stabilizers hold posture, the agonist drives the movement. Antagonists oppose the prime mover to control motion and

allow coordinated action. Correct identification of agonists is critical for program design and targeting specific adaptations .

NEW QUESTION # 27

Davis's law states which of the following?

- 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.

Answer: B

Explanation:

Davis's law is a principle in human movement science that explains how soft tissue adapts structurally to the stresses placed upon it. NASM describes it as "soft tissue will model along the lines of stress," meaning that muscles, tendons, and fascia will align and reorganize based on the direction and type of physical forces they experience. This is important in corrective exercise because chronic poor posture, repetitive movements, or imbalances can cause soft tissue to remodel in a way that reinforces dysfunction. For example, if a muscle remains shortened for prolonged periods, collagen fibers may lay down in shortened patterns, limiting flexibility and altering joint mechanics. The other answer options describe different principles: poor neuromuscular efficiency (effect of chronic shortening), altered reciprocal inhibition (C), and the path of least resistance concept in movement compensation (D).

NEW QUESTION # 28

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