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NASM Certified Personal Trainer Exam Sample Questions (Q142-Q147):

NEW QUESTION # 142

Muscle spindles act to

- A. Send messages to and from the end plates of motor neurons.
- B. Measure the need for correction and regeneration required for movement.
- C. Cause a contractile response in the muscle just short of over-stretched tissue tearing
- D. Prevent the joint's ligaments from going beyond its range of motion.

Answer: C

NEW QUESTION # 143

Which of the following is an example of intrinsic motivation for exercise?

- A. Improving posture

- B. Achieving a weight loss goal
- C. Increasing overall health
- D. Improving mood

Answer: D

Explanation:

Intrinsic motivation refers to doing an activity because it is inherently satisfying or enjoyable, not because of an external reward. The NASM CPT7 Study Guide lists stress relief, increasing energy, and finding new ways to be challenged physically as examples of intrinsic motivators. Improving mood aligns directly with this definition—it's a personal, internal benefit of exercise.

By contrast, achieving a weight loss goal (Option A) is an outcome goal that is externally measured, improving posture (Option C) is a functional/physical goal, and increasing overall health (Option D) is an outcome-oriented health objective. While these can be motivating, they are external or outcome-based, whereas improving mood is an internal psychological reward.

NEW QUESTION # 144

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

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

Answer: D

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 # 145

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. Perform the shark skill test.
- B. Design a new workout program using the OPT model.
- C. Lead her through a challenging workout.
- 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 # 146

A trainer is designing an exercise program for a client whose main goal is weight loss. Which of the following resistance training systems is most appropriate for this client?

- A. Drop-sets
- B. Horizontal loading
- C. Vertical loading
- D. Pyramid

Answer: C

Explanation:

For clients focused on weight loss, NASM emphasizes maximizing caloric expenditure within each session.

The vertical loading resistance training system organizes exercises by alternating between different body parts in succession (e.g., upper body push, lower body pull, core, etc.), cycling through them before repeating. This minimizes rest periods for any one muscle group while maintaining continuous movement, which elevates heart rate and increases total session energy expenditure. The CPT7 guide contrasts this with horizontal loading, where one exercise is completed for all sets before moving to the next, which generally involves longer rest and lower overall caloric burn.

NEW QUESTION # 147

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