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CPT Practice Exam Questions with 100% correct answers.

what would be the recommended stability ball size for someone under 5 feet? - (correct answer) - 45 cm (a little above 1 foot)
what professionals are qualified to counsel individuals who are diagnosed with depression who use exercise as a supplemental treatment? - (correct answer) - psychologist or psychiatrist
group influence - (correct answer) - impact that family members, peers or coworkers have over someone's decision to exercise knee valgus - (correct answer) - knees collapsing inward long term exercise adherence is associated with - (correct answer) - intrinsic motivation stroke volume - (correct answer) - amount of blood pumped out of the heart with each contraction - EDV - ESV
what is the best definition of essential when discussing human nutrition? - (correct answer) - must be obtained in the diet, as the body is incapable of producing the nutrient on its own strength training machines provide training primarily in which planes of motion? - (correct answer) - frontal and sagittal
which of the following does not meet the criteria for exercise or activity to be considered aerobic? - (correct answer) - exercise is intense
(for an activity to be aerobic it must be: continuous in nature, rhythmic and targets large muscle groups)
where in the digestive system are most fluids absorbed? - (correct answer) - large intestine
what is the optimal range of daily protein intake to maximize muscle protein synthesis? - (correct answer) - 1.6-2.2 g/kg of BW
what group of hormones are released by the brain during exercise to reduce pain? - (correct answer) - endorphins
identify a movement limitation for an individual who walks or runs on a treadmill if they present ANTERIOR pelvic tilt - (correct answer) - limitations to hip extension may require hyperextension in the low-back, placing increased stress on the low-back
which type of lever can be described as having a fulcrum in the middle like a seesaw? - (correct answer) - first class
which postural distortion is characterized by anterior pelvic tilt and excessive lordosis (extension) of lumbar spine? - (correct answer) - lower crossed syndrome
what is the concentric motion of the shoulder blades during standing cable row exercise? - (correct answer) - retraction
what is a safe flexibility modification that you can recommend to a client with varicose veins? - (correct answer) - gentle static stretching
a hypertensive client is taking a beta blocker medication, what is the most appropriate method to monitor exercise intensity? - (correct answer) - talk test
structural scoliosis - (correct answer) - altered bone shape through the spine
which of the following muscle groups work eccentrically in the sagittal plane during the lowering phase of the squat? - (correct answer) - quads
3 levels of the CPT model - (correct answer) - stabilization, strength and power
which phase of training would a person who just completed a muscular development training program want to go back for some corrective assistance? - (correct answer) - stabilization endurance training
what isometric exercise variable is defined as the distance covered and amount of effort applied by the muscles? - (correct answer) - intensity
how can diastolic blood pressure be defined - (correct answer) - pressure in arteries and other blood vessels when the heart is at rest or between beats; the bottom number

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NASM Certified Personal Trainer Exam Sample Questions (Q187-Q192):

NEW QUESTION # 187

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

- A. 31 to 59 seconds
- B. 3 to 5 min
- C. 1 to 2 min
- 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 # 188

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

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

Answer: D

NEW QUESTION # 189

A trainer is spotting a client who is performing a dumbbell chest press. Which of the following techniques should the trainer use?

- A. Provide most of the effort for the client to successfully complete the lift.
- B. Refrain from spotting until the client has passed the "sticking point."
- C. Provide spotting assistance at the client's elbows.
- D. Determine how many repetitions the client will perform before the start of the set.

Answer: D

Explanation:

Proper spotting involves clear communication before the lift to ensure both the client and trainer understand the expectations. The NASM CPT7 Study Guide advises that the trainer and client should agree on the number of reps and the level of assistance before starting any exercise.

For a dumbbell chest press, spotters should assist at the wrists, not the elbows, to better control the weights' path if the client struggles. Providing most of the effort for the client (Option B) removes the training benefit and could be unsafe. Spotting at the elbows (Option C) offers poor control, and refraining from spotting until after the sticking point (Option D) can allow the client to get trapped in a dangerous position. Therefore, the first step is confirming reps and spotting plan before lifting.

NEW QUESTION # 190

A trainer is working with a client who has been struggling to fit in his workouts. Which of the following actions should the trainer take?

- A. Redesign the client's workout program around a new goal.
- **B. Discuss the client's social support structure.**
- C. Address the client's lack of discipline and compliance.
- D. Suggest that the client set multiple goals at one time.

Answer: B

Explanation:

NASM's behavioral coaching and psychology of exercise sections highlight that social support is one of the strongest influences on exercise adherence. The Study Guide explains that "social support consists of a source (who or what provides it) and a type (instrumental, emotional, informational, and companionship), and clients will have different needs and expectations of social support." When a client struggles to fit workouts into their life, the trainer's role is to identify potential barriers, such as lack of time, convenience, or support from family and friends, and then work collaboratively to create realistic solutions. Discussing the client's social support structure helps uncover if others can provide instrumental support (childcare, transportation), emotional support (encouragement), or companionship (workout partners). This aligns with NASM's guidance to focus on overcoming barriers, rather than criticizing discipline or making abrupt program changes unrelated to the root cause. Setting multiple new goals at once can overwhelm the client, reducing adherence.

Therefore, addressing the support system provides a foundation for sustainable workout integration.

NEW QUESTION # 191

A 60-year-old female with a Cardiovascular Risk Profile assessment of 33 is 80 pounds overweight, but she is highly motivated to start an exercise program. The trainer should advise her to:

- **A. Consult her physician**
- B. Implement a low carbohydrate diet
- C. Start a walking program
- D. Seek a qualified yoga instructor

Answer: A

NEW QUESTION # 192

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