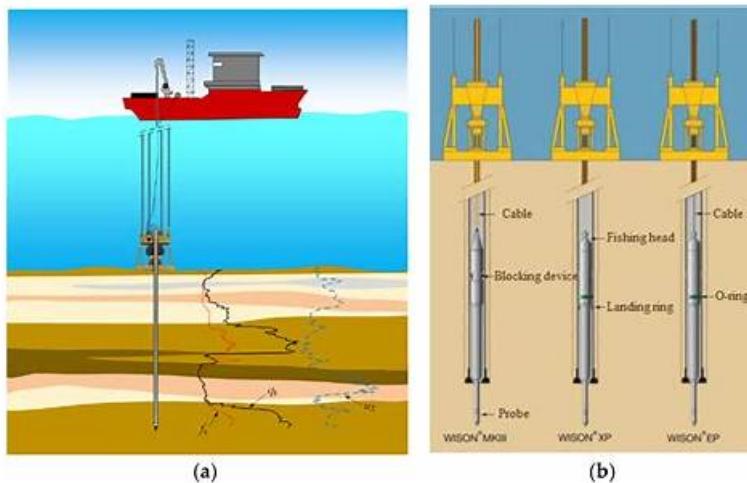


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NASM Certified Personal Trainer Exam Sample Questions (Q96-Q101):

NEW QUESTION # 96

Which of the following demonstrates a level of service that helps the client adhere to the training program?

- A. SWOT analysis
- B. Marketing
- C. Forecasting
- D. Accountability

Answer: D

Explanation:

The NASM CPT7 Study Guide emphasizes accountability as a key factor in helping clients adhere to training programs.

Accountability involves tracking progress, checking in regularly, and creating a sense of responsibility for showing up and completing agreed-upon actions.

While forecasting, marketing, and SWOT analysis are useful for business operations and planning, they are not directly related to client exercise adherence. Accountability helps build consistency, reinforces commitment, and keeps the client engaged, which is essential for long-term success in fitness programs.

NEW QUESTION # 97

The aerobic functional capacity of an average healthy adult is measured by

- A. VO₂ Max value
- B. 1RM chest press
- C. Respiratory exchange rate
- D. Calculated MaxHR

Answer: A

NEW QUESTION # 98

A trainer agrees to develop a meal plan for a client who is obese. Which of the following is the result of the trainer's actions?

- A. Adherence to the OPT model
- B. Violation of the NASM code of professional conduct
- C. Fulfillment of a trainer's duty to the client to assist in weight management
- D. Violation of HIPAA laws

Answer: B

Explanation:

NASM's scope of practice clearly states that Certified Personal Trainers are not qualified to prescribe specific meal plans unless they hold an additional, recognized nutrition credential and are legally permitted in their jurisdiction.

While CPTs can provide general nutrition guidelines based on public resources (e.g., USDA MyPlate), creating individualized meal plans is outside their professional scope and constitutes a violation of the NASM code of professional conduct.

This is not a HIPAA violation (Option C), as HIPAA relates to handling of private medical data. It is also not fulfilling a duty within the OPT model (Option D) because nutrition planning is not part of OPT without proper credentialing. Therefore, developing a meal plan for a client as a CPT without proper credentials is a code of conduct violation.

NEW QUESTION # 99

What is the principle enzyme that breaks down carbohydrates?

- A. Protease
- B. Lipase
- C. Amylase
- D. Pepsin

Answer: C

NEW QUESTION # 100

What is the first byproduct of adenosine triphosphate (ATP) production?

- A. Oxaloacetate
- B. Citrate
- C. Malate
- D. Pyruvate

Answer: D

NEW QUESTION # 101

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