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## NASM Certified Personal Trainer Exam Sample Questions (Q168-Q173):

### NEW QUESTION # 168

Which of the following is the primary function of the skeletal system?

- A. Generates internal tension to produce movement
- B. **Performs as levers when acted upon by muscles**
- C. Responds to changes in the external environment
- D. Controls kinesthetic motor responses

**Answer: B**

**Explanation:**

The NASM CPT7 Study Guide states that one of the skeletal system's core functions is to provide the rigid framework that supports the body and serves as levers for movement when acted upon by muscles. Specifically, "Human bones act as attachment sites and levers (rigid rods) to produce movement when muscles contract." Muscles generate the force, but it is the skeletal structure-through the interaction of bones, joints, and connective tissues-that converts that

force into purposeful motion. This lever system can be first-, second-, or third-class, with most human movements involving third-class levers. The other options describe the functions of different body systems: generating internal tension is the role of the muscular system, responding to external stimuli is primarily the nervous system's role, and kinesthetic motor control involves integration between the nervous and muscular systems. Thus, the primary skeletal function relevant here is acting as levers in conjunction with muscle contractions to facilitate movement.

#### **NEW QUESTION # 169**

What number in the image refers to the deltoids?

□

- A. 0
- B. 1
- C. 2
- D. 3

**Answer: D**

#### **NEW QUESTION # 170**

Cardiorespiratory fitness refers to the

- A. Level of cardiac functions that are required to sustain blood pressure and blood flow through the arterial components during exercise bouts.
- B. Outcomes of regular exercise relating to the ability to supply oxygen to skeletal muscle during sustained physical activity.
- C. Benefits of endurance activities that require the heart to work at maximal capacity in an effort to strengthen cardiac muscle.
- D. Improvement in heart rate that the body is capable of as it increases exercise duration with each session of endurance activity.

**Answer: B**

#### **NEW QUESTION # 171**

Which type of stretch is BEST to incorporate in a warm-up prior to a workout that can increase muscular power?

- A. Facilitated
- B. Static
- C. Passive
- D. Dynamic

**Answer: D**

#### **NEW QUESTION # 172**

There are how many types of muscle tissue?

- A. Four
- B. One
- C. Three
- D. Two

**Answer: C**

#### **NEW QUESTION # 173**

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