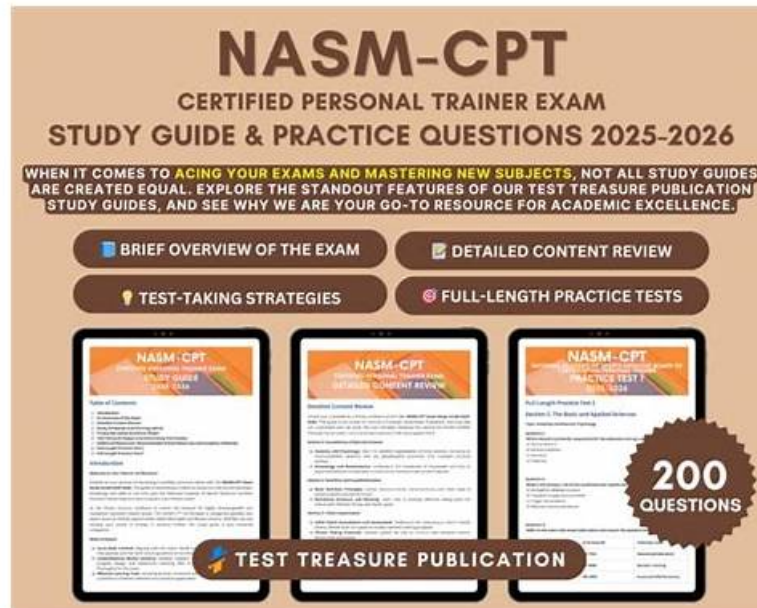


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NASM Certified Personal Trainer Exam Sample Questions (Q210-Q215):

NEW QUESTION # 210

Which of the following is an effect of dehydration?

- A. Increased blood pressure
- B. Increased sweat rate
- C. Increased blood volume
- D. Increased heart rate

Answer: D

Explanation:

Dehydration reduces plasma volume, making the heart work harder to circulate blood. NASM notes that fluid loss causes cardiovascular strain, often leading to an increased heart rate to maintain cardiac output during exercise. This is due to decreased stroke volume-less fluid in the bloodstream means less blood pumped per beat, so the heart compensates by beating faster. Other effects include impaired thermoregulation, reduced sweat efficiency, and decreased exercise performance. Increased blood volume is not correct (dehydration decreases it), sweat rate often decreases rather than increases when dehydrated (leading to overheating risk), and blood pressure can drop rather than rise in severe dehydration. Therefore, increased heart rate is the hallmark acute cardiovascular response to dehydration during activity.

NEW QUESTION # 211

A trainer is developing an exercise program for a new client who states that she has had trouble sticking to a workout routine in the past. Which of the following actions should the trainer take to promote adherence?

- A. Ask the client closed-ended questions.
- **B. Ask the client open-ended questions.**
- C. Educate the client about time management.
- D. Educate the client about the OPT model.

Answer: B

Explanation:

NASM's behavioral coaching guidelines emphasize using open-ended questions to build rapport, gather detailed client information, and promote self-reflection-especially for clients with a history of inconsistent exercise adherence. Open-ended questions cannot be answered with a simple "yes" or "no"; instead, they invite the client to elaborate on challenges, preferences, motivations, and barriers. Examples include: "What challenges have you faced in maintaining a workout routine?" or "How might you fit exercise into your current schedule?" This approach supports motivational interviewing, a coaching style NASM endorses for improving intrinsic motivation and self-efficacy. Closed-ended questions limit dialogue, and while educating about time management or the OPT model is valuable, it doesn't first address the psychological and behavioral aspects that influence adherence. By starting with open-ended questions, the trainer can tailor solutions that resonate with the client's personal circumstances and goals.

NEW QUESTION # 212

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

Answer: B

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 # 213

What type of resistance is present when training with dumbbells through a full range of motion?

- A. Static Variable External Resistance (SVER)
- **B. Dynamic Constant External Resistance (DCER)**

- C. Dynamic Variable Constant Resistance (DVCR)
- D. Static Internal Constant Resistance (SICR)

Answer: B

NEW QUESTION # 214

A trainer is preparing to have a client perform an active kneeling hip flexor stretch. Which of the following instructions should the trainer give the client?

- A. "Perform as quickly as can be controlled for 10 repetitions."
- B. "Hold the stretch for 2 seconds and perform 5 to 10 repetitions."
- C. "Hold the stretch for 30 seconds and perform 1 to 3 repetitions."
- D. "Perform 2 sets of 12 to 15 repetitions."

Answer: B

Explanation:

The active kneeling hip flexor stretch falls under active stretching in NASM's flexibility continuum. Active stretching uses the agonist muscle to move the limb through a range of motion while the antagonist is stretched, typically holding the end range for about 1-2 seconds before returning to the start position. The NASM CPT7 Study Guide specifies that active stretches are performed for 5-10 repetitions, holding each for 1-2 seconds.

This technique is most often applied in the strength level of the OPT model, often following the warm-up and before resistance training to prepare muscles for dynamic activity. Options A and C represent repetition and hold counts more typical of resistance or static stretching, while Option B's "as quickly as can be controlled" describes dynamic stretching or plyometric work-not an active isolated stretch. Therefore, the correct coaching instruction is to hold for 2 seconds and perform 5-10 repetitions.

NEW QUESTION # 215

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