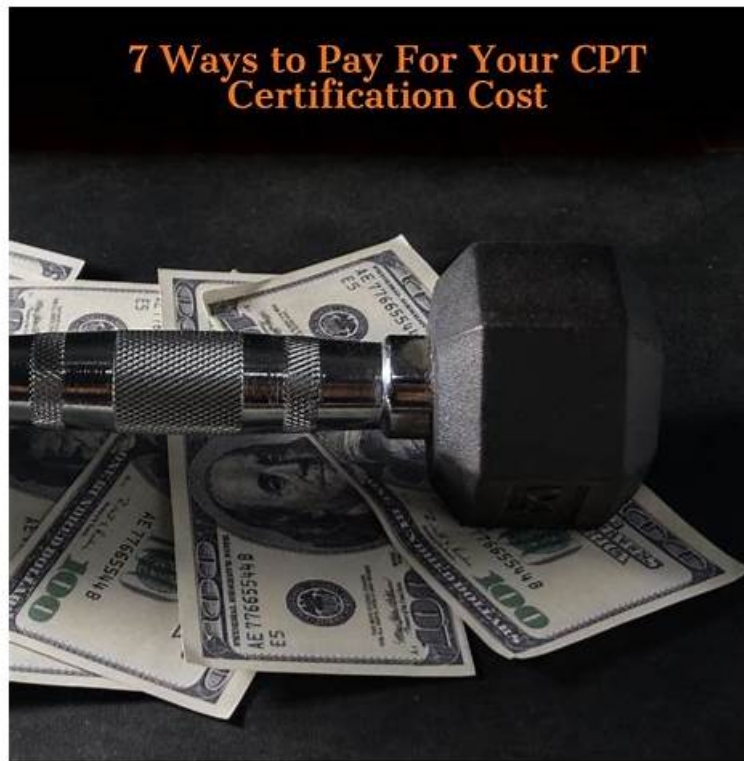


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## NASM Certified Personal Trainer Exam Sample Questions (Q130-Q135):

### NEW QUESTION # 130

Davis's law states which of the following?

- A. Soft tissue models along the lines of stress.
- B. The body will seek the path of least resistance during functional movement patterns.
- C. A chronically shortened muscle will demonstrate poor neuromuscular efficiency.
- D. A tight agonist muscle will decrease neural drive to its functional antagonist.

**Answer: A**

Explanation:

Davis's law is a principle in human movement science that explains how soft tissue adapts structurally to the stresses placed upon it. NASM describes it as "soft tissue will model along the lines of stress," meaning that muscles, tendons, and fascia will align and reorganize based on the direction and type of physical forces they experience. This is important in corrective exercise because chronic poor posture, repetitive movements, or imbalances can cause soft tissue to remodel in a way that reinforces dysfunction. For example, if a muscle remains shortened for prolonged periods, collagen fibers may lay down in shortened patterns, limiting flexibility and altering joint mechanics. The other answer options describe different principles: poor neuromuscular efficiency (effect of chronic shortening), altered reciprocal inhibition (C), and the path of least resistance concept in movement compensation (D).

### NEW QUESTION # 131

A trainer notices a client shrug their shoulders during a cable press. Which of the following stretches should the trainer recommend to help the client lengthen the overactive muscles?

- A. Static ball latissimus dorsi stretch
- B. Static erector spinae stretch
- C. Static soleus stretch
- D. Static upper trapezius/scalene stretch

**Answer: D**

Explanation:

When a client shrugs their shoulders during a cable press, NASM's movement assessment principles indicate overactivity of the upper trapezius and scalenes-secondary muscles of respiration and neck movement. The guide points out in the respiratory system section that "abnormal breathing patterns... are associated with the use of secondary respiratory muscles (sternocleidomastoid, upper trapezius, or scalenes)." Overactivity in these muscles during upper body pushing movements reflects compensations, often due to weakness or under-recruitment of the prime movers (pectorals, deltoids, triceps) or stabilizers. Static stretching is recommended for overactive muscles to restore normal length-tension relationships. The "static upper trapezius/scalene stretch" directly addresses the tightness and helps improve overhead or forward pressing mechanics by reducing unwanted scapular elevation. Other stretches listed in the options (soleus, erector spinae, latissimus dorsi) target entirely different regions-lower leg, lower back, or lateral back muscles-and would not address the observed compensation. This correction aligns with NASM's flexibility continuum: inhibit (SMR) # lengthen (static stretch) # activate (strengthen underactive muscles) # integrate (dynamic movements), restoring balanced shoulder mechanics.

### NEW QUESTION # 132

Which of the following actions should a trainer take to initiate and build rapport with a new client?

- A. Write the client a handwritten note.
- B. Ask the client to commit to a set number of sessions.
- C. Perform a workout with the client.
- D. Use the client's first name.

**Answer: D**

Explanation:

Building rapport begins with small, personal touches that make the client feel valued and recognized. NASM emphasizes rapport as the foundation of the trainer-client relationship and notes that "using the client's name" is a simple but powerful way to personalize communication and foster trust early in the relationship. This aligns with customer service principles in personal training, where the goal is to create a welcoming and engaging environment from the first interaction.

While asking for a session commitment is part of the sales process, it should not happen before rapport is established. Writing a note is thoughtful but better suited for maintaining existing relationships, and working out with the client can be distracting from focusing on their needs. Using the client's name immediately signals attentiveness, personal connection, and professionalism-making it the most effective rapport-building action at the start.

### NEW QUESTION # 133

A client sets a goal to jog for 1 hour 3 days per week and attend two personal training sessions per week. This is an example of which of the following types of goals?

- A. Long-term
- B. Short-term
- C. Process
- D. Outcome

**Answer: C**

Explanation:

NASM clearly differentiates between process goals (specific actions or behaviors) and outcome goals (the end result). Process goals focus on what you will do—the behaviors that lead to an outcome. The Study Guide gives examples such as "Jog for 45 minutes starting at 6:30 a.m. Monday-Friday" or "Strength training 5 days per week." In this case, the client's plan—"jog for 1 hour 3 days per week and attend two personal training sessions per week"—is a description of specific, repeatable behaviors, not the final achievement (e.g., losing 10 pounds or completing a race). Process goals are crucial because they are entirely within the client's control, build consistency, and lead toward long-term success. NASM emphasizes that focusing on process goals can improve adherence and motivation, as progress is measurable by completion of the planned actions, regardless of the final outcome.

### NEW QUESTION # 134

On the flexibility continuum, corrective flexibility consists of which of the following?

- A. Functional
- B. Dynamic
- C. Static
- D. Active

**Answer: C**

Explanation:

On the Flexibility Continuum, NASM identifies three primary types of flexibility: Corrective, Active, and Functional. Corrective flexibility is described as involving "self-myofascial release and static stretching" to improve muscle imbalances and increase joint range of motion. Static stretching involves taking a muscle to the point of tension and holding it for at least 20-30 seconds. This is especially beneficial in the Stabilization Level of the OPT model and for clients needing to address altered length-tension relationships. Dynamic flexibility is part of functional flexibility, while active flexibility uses active-isolated stretching, not static. Therefore, Static is the correct answer for corrective flexibility.

### NEW QUESTION # 135

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