

100% Pass Quiz 2026 NASM CPT: NASM Certified Personal Trainer Exam Perfect Download Pdf

NASM Personal Training Certification Exam Questions and 100% Correct Solutions

Muscle imbalances - ✓✓ alteration of muscle length surrounding a joint

Obesity - ✓✓ The condition of being considerably overweight, and refers to a person with a body mass index of 30 or greater, or who is at least 30 pounds over his or her recommended weight

What is the BMI of a typical obese individual? - ✓✓ 30 or greater

Refers to a person with a body mass index of 25-29.9 or who is between 25-30 pounds over the recommended weight - ✓✓ overweight

These are also known as cholesterol and triglycerides and are carried in the bloodstream by protein molecules known as HDL and LDL - ✓✓ blood lipids

chronic metabolic disorder caused by insulin deficiency, which impairs carbohydrate usage and enhances usage of fats and proteins - ✓✓ diabetes mellitus

a state of lost physical fitness, which may include muscle imbalances, decreased flexibility, and a lack of core and joint stability - ✓✓ deconditioned

the cumulative sensory input to the central nervous system from all mechanoreceptors that sense body positions and limb movement - ✓✓ proprioception

an unstable physical situation in which exercises are performed that cause the body to use its internal balance and stabilization mechanisms (Examples include using stability balls and single-leg squats versus traditional) - ✓✓ proprioceptively enriched movement

smaller divisions of training progressions that fall within the three building blocks of training - ✓✓ phases of training

a muscle's ability to contract for an extended period - ✓✓ muscular endurance

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NASM Certified Personal Trainer Exam Sample Questions (Q227-Q232):

NEW QUESTION # 227

Which of the following is an ethical technique certified personal trainers (CPT) use to motivate clients?

- A. Offer bribes
- B. Withhold feedback
- **C. Create enthusiasm**
- D. Reverse psychology

Answer: C

NEW QUESTION # 228

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 # 229

Which of the following terms describes the arterial pressure between cardiac contractions?

- A. Anabolic
- B. Catabolic
- **C. Diastolic**
- D. Systolic

Answer: C

Explanation:

The diastolic blood pressure represents "the arterial pressure between cardiac contractions" when the heart is in its relaxation phase, allowing the chambers to fill with blood. The NASM CPT7 Study Guide defines normal (healthy) blood pressure as "less than 120/80 mm Hg," with the diastolic number being the lower value that measures the pressure in the arteries between beats. In contrast, systolic pressure is the higher number that measures arterial pressure during the contraction phase. "Catabolic" and "anabolic" are metabolic terms related to tissue breakdown and building, respectively, and are unrelated to cardiovascular measurements.

NEW QUESTION # 230

The Karvonen formula is the recommended method for calculating

- A. Percent body fat
- B. Resting heart rate
- C. VO2 max
- D. Exercise heart rate

Answer: D

NEW QUESTION # 231

The "E" in the FITTE principle refers to which of the following?

- A. Eating frequently during the day
- B. Finding exercise activities that are enjoyable
- C. Encouraging others to start a fitness program
- D. Selecting easy activities first in a workout

Answer: B

Explanation:

The FITTE principle is a NASM guideline for designing safe and effective cardiorespiratory programs.

FITTE stands for Frequency, Intensity, Time, Type, and Enjoyment. The "E" refers specifically to Enjoyment, which is the factor of choosing activities the client finds fun and motivating. The Study Guide highlights that enjoyment influences adherence; clients are more likely to continue a fitness program when they look forward to the activities. While "easy activities" or "encouraging others" are unrelated to FITTE's framework, and

"eating" pertains to nutrition, enjoyment directly addresses behavioral sustainability. By incorporating enjoyable elements, trainers increase the likelihood of long-term exercise adoption.

NEW QUESTION # 232

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