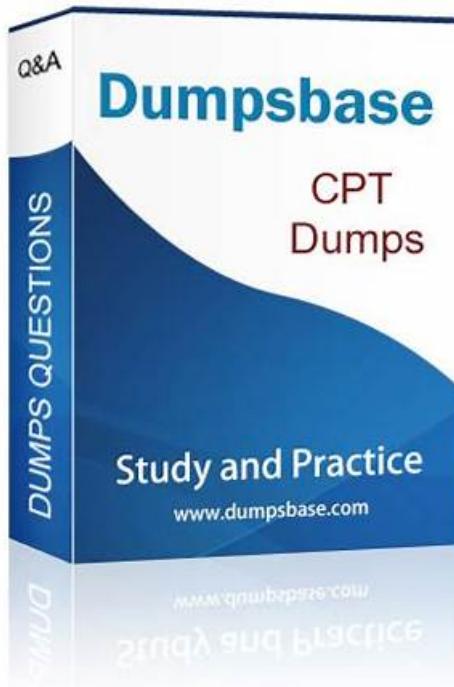


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New developments in the tech sector always bring new job opportunities. These new jobs have to be filled with the NASM Certified Personal Trainer Exam (CPT) certification holders. So to fill the space, you need to pass the NASM Certified Personal Trainer Exam (CPT) exam. Earning the NASM Certified Personal Trainer Exam (CPT) certification helps you clear the obstacles you face while working in the NASM field. To get prepared for the NASM Certified Personal Trainer Exam (CPT) certification exam, applicants face a lot of trouble if the study material is not updated. They are using outdated materials resulting in failure and loss of money and time.

## NASM Certified Personal Trainer Exam Sample Questions (Q81-Q86):

### NEW QUESTION # 81

There are how many types of muscle tissue?

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

**Answer: A**

#### **NEW QUESTION # 82**

Which of the following is a component of business practice according to the NASM-BOC Code of Professional Conduct?

- A. Maintaining adequate liability insurance
- B. **Seeking continuing education**
- C. Performing community service
- D. Adhering to strict facility maintenance

**Answer: B**

Explanation:

Under the NASM-BOC Code of Professional Conduct, maintaining competence through continuing education is a core component of business practice. The guide outlines that certified professionals must commit to ongoing professional development to ensure their knowledge and skills remain current. This not only meets recertification requirements but also ensures the delivery of safe, effective, and evidence-based fitness programming. While facility maintenance, community service, and liability insurance are important professional considerations, they are not specifically listed as Code of Conduct requirements under NASM's business practice section.

#### **NEW QUESTION # 83**

An example of transverse plane motion is a

- A. Lunge
- B. **Bench press**
- C. Pull down
- D. Squat

**Answer: B**

#### **NEW QUESTION # 84**

A trainer notices that a client's shoulders elevate and his head migrates forward during a pushing assessment. Which of the following muscles may be overactive?

- A. Deep cervical flexors and erector spinae
- B. **Upper trapezius and sternocleidomastoid**
- C. Middle and lower trapezius
- D. Intrinsic core stabilizers and latissimus dorsi

**Answer: B**

Explanation:

When shoulders elevate and the head moves forward during a pushing assessment, NASM identifies overactive muscles including the upper trapezius, sternocleidomastoid, and levator scapulae. These compensations suggest dominance of neck and shoulder elevators combined with underactivity of stabilizers such as the deep cervical flexors and mid/lower trapezius. Corrective strategies involve inhibiting and stretching the overactive muscles, then activating the underactive ones to restore optimal pushing mechanics.

#### **NEW QUESTION # 85**

A trainer is instructing a client about performing an OHSA. Which of the following should the trainer include?

- A. "Start by crossing your arms over your chest."

- B. "Start by extending your arms forward and parallel with the floor."
- C. "Start by placing your hands on your hips with your elbows bent."
- D. "Start by raising your arms over your head with your elbows fully extended."

**Answer: D**

Explanation:

The Overhead Squat Assessment (OHS) is a key movement screening tool in NASM's assessment protocol.

The proper starting position requires the client to stand with feet shoulder-width apart, pointing straight ahead, and arms raised directly overhead with elbows fully extended. This position places the shoulders in full flexion and challenges the client's ability to maintain posture through the kinetic chain during the squat. The Study Guide specifies that this alignment allows observation of compensations in the ankles, knees, hips, LPHC, and shoulders. Starting with arms forward, crossed, or on the hips would not adequately test upper extremity and spinal stability in relation to lower-body mechanics, and would reduce the assessment's diagnostic value.

**NEW QUESTION # 86**

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