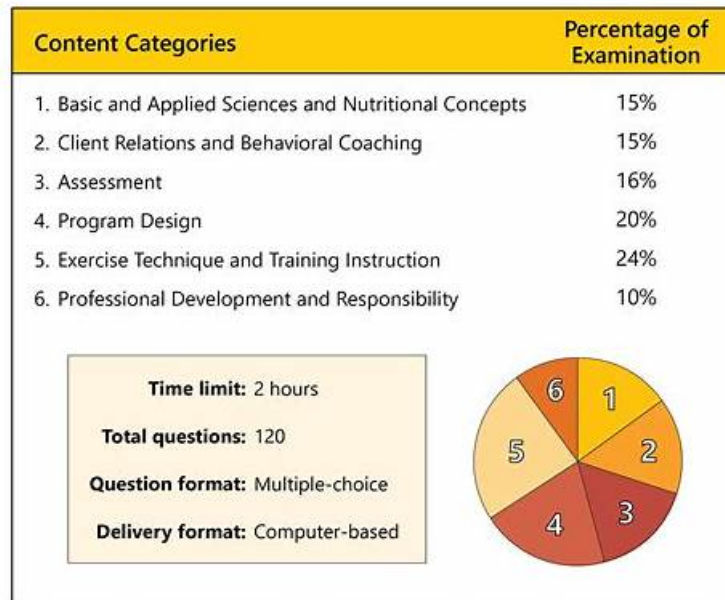


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NASM Certified Personal Trainer Exam Sample Questions (Q212-Q217):

NEW QUESTION # 212

A trainer meets an individual who is exercising inconsistently and has taken steps toward a regular exercise program. The trainer should identify that this person is in which of the following Stages of Change?

- A. Action
- B. Contemplation
- C. Precontemplation
- **D. Preparation**

Answer: D

Explanation:

Someone exercising inconsistently but taking steps toward a regular exercise program is in the preparation stage of change. The CPT7 guide describes this stage as when an individual is planning to take action soon and may be making small behavioral changes, such as occasional workouts, but has not yet established a consistent pattern. Recognizing this stage allows the trainer to focus on strategies that reinforce the client's readiness and help them progress toward the action stage.

NEW QUESTION # 213

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 upper trapezius/scalene stretch**
- C. Static soleus stretch
- D. Static erector spinae stretch

Answer: B

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 # 214

A trainer is instructing a client to perform alternating side lunges. Which of the following auditory cues should the trainer use?

- A. "Lunge as far as possible to improve muscle activation."
- **B. "Keep your spine neutral."**
- C. "Land with your foot pointed in the direction you are stepping."
- D. "Start by standing with your feet together."

Answer: B

Explanation:

When instructing side lunges, NASM emphasizes using specific, safety-focused cues to maintain proper posture and joint alignment. The CPT7 Study Guide notes that spinal alignment should be maintained in a neutral position during all exercises to prevent excessive shear or compressive forces on the vertebrae and intervertebral discs.

For side lunges, the neutral spine cue ensures that the client maintains proper core engagement and avoids lumbar rounding or hyperextension, which can cause undue stress on the back. While "Start by standing with your feet together" (Option B) is an accurate setup detail, it's more of a positional cue rather than an ongoing form-maintenance cue. "Land with your foot pointed in the direction you are stepping" (Option C) could help in some multi-planar movements, but for lateral lunges, the lead foot should typically remain pointed forward to emphasize frontal-plane loading. "Lunge as far as possible" (Option A) risks compromising alignment and safety. Thus, the most appropriate auditory cue is "Keep your spine neutral."

NEW QUESTION # 215

Which of the following describes the anatomical position of the sternum in relation to the pelvis?

- A. Medial
- B. Lateral
- C. Inferior

- D. Superior

Answer: D

NEW QUESTION # 216

During an overhead squat assessment, a client demonstrates an excessive anterior pelvic tilt. Which of the following muscles is considered shortened?

- A. Transverse abdominis
- B. Biceps femoris
- C. Piriformis
- D. Latissimus dorsi

Answer: D

Explanation:

During an overhead squat assessment, an excessive anterior pelvic tilt often indicates an overactive/shortened hip flexor complex, erector spinae, and latissimus dorsi. The NASM CPT7 Study Guide explains that altered length-tension relationships occur "when a muscle's resting length is too short or too long, reducing the amount of force it can produce" and that muscle imbalance around the LPHC can affect posture and movement efficiency.

The latissimus dorsi, in particular, crosses the lumbopelvic region and, when shortened, can increase lumbar extension and anterior pelvic tilt during movements like the overhead squat. This happens because the lats attach to the thoracolumbar fascia and pelvis, pulling the pelvis into an anterior rotation when overactive.

NASM's movement assessment guidelines identify the lats as a common overactive muscle contributing to excessive lumbar extension and anterior tilt in squat patterns.

Conversely, muscles like the transverse abdominis act as stabilizers to resist this tilt, while hamstrings (including biceps femoris) often present as lengthened in this compensation pattern. The piriformis is typically associated with hip external rotation issues, not directly anterior tilt. Therefore, among the listed options, the latissimus dorsi is the key shortened muscle contributing to excessive anterior pelvic tilt in the overhead squat assessment.

NEW QUESTION # 217

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