

# CPT Exam Questions And Answers | CPT Trusted Exam Resource

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## CPT PRACTICE EXAM QUESTIONS & ANSWERS 2023/2024

What is the recommended daily intake for carbohydrates? - ANSWER-6-10, 6, 10

When an exercise is high intensity and lasts about 10 seconds, which of the following energy pathways is predominantly in use? - ANSWER-ATP-PC

What measurement needs to be taken prior to the start of the Rockport walk test? - ANSWER-WEIGHT

While performing the overhead squat assessment, the personal trainer observes a client demonstrating a low back arch movement dysfunction. Which of the following muscles is probably overactive? - ANSWER-LATS

During the descent of a single-leg squat, a client's knee moves inward. Which of the following muscles should the trainer recognize as requiring static stretching? - ANSWER-VASTUS LATERALIS

Which of the following tests estimates an individual's cardiorespiratory fitness level on the basis of a submaximal bout of stair climbing at a set pace for a standard time limit? - ANSWER-YMCA, YMCA 3 MINUTE STEP TEST

Which of the following is a performance assessment test used to measure upper-extremity agility and stabilization? - ANSWER-DAVIES, DAVIES TEST

Which method, also known as the Karvonen method, is used for establishing training intensity based on the difference between a client's predicted maximal heart rate and his or her resting heart rate? - ANSWER-HRR

Low-volume training with high intensity increases which of the following? - ANSWER-RATE OF FORCE (PRODUCTION)

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## NASM Certified Personal Trainer Exam Sample Questions (Q116-Q121):

### NEW QUESTION # 116

The aerobic functional capacity of an average healthy adult is measured by

- A. VO<sub>2</sub> Max value
- B. 1RM chest press
- C. Calculated MaxHR
- D. Respiratory exchange rate

**Answer: A**

### NEW QUESTION # 117

Which of the following methods for prescribing cardiorespiratory exercise intensity includes a client's predicted maximal and resting heart rate?

- A. HR Reserve (HRR)
- B. Peak VO<sub>2</sub>
- C. Peak Maximal Heart Rate (MHR)
- D. Peak Metabolic Equivalent (MET)

**Answer: A**

Explanation:

The Heart Rate Reserve (HRR) method, also called the Karvonen formula, uses both a client's predicted maximal heart rate and their resting heart rate to determine appropriate training intensities. The NASM CPT7 Study Guide notes that this method accounts for individual differences in resting heart rate, providing a more personalized target zone than the Peak Maximal Heart Rate (MHR) method, which uses only age-predicted maximum. The formula is:

$$\text{Target HR} = [(HR_{max} - HR_{rest}) \times \% \text{Intensity}] + HR_{rest}$$

### NEW QUESTION # 118

A trainer replaces their client's 30-minute steady-state cardio activity with a period of high-intensity interval training. During this modified session, which variable from the FITT principle should be consistently lower?

- A. Intensity
- B. Time
- C. Interval
- D. Type

**Answer: B**

### NEW QUESTION # 119

A trainer is discussing proper running form with a client. Which of the following is an appropriate auditory cue?

- A. "Lean forward slightly during deceleration."
- B. "Ankles should be plantar flexed."
- C. "Head should move into extension."
- D. "Keep the knees straight ahead."

**Answer: D**

Explanation:

Proper running form requires maintaining neutral alignment of the lower extremities to optimize stride efficiency and reduce injury risk. The NASM CPT7 Study Guide emphasizes the importance of joint alignment and tracking, particularly keeping the knees aligned with the toes during dynamic movement.

"Lean forward slightly during deceleration" (Option A) may apply in certain braking mechanics but is not a standard form cue for general running. "Head should move into extension" (Option C) would disrupt postural alignment and breathing efficiency. "Ankles should be plantar flexed" (Option D) applies only at specific phases of sprinting push-off, not as a general form cue. Therefore, the most universally applicable and safe auditory cue is "Keep the knees straight ahead."

## NEW QUESTION # 120

What does SWOT stand for?

- A. Strengths, Weaknesses, Opportunities, Threats
- B. Successful, Wanted, Obtainable, Timely
- C. Specific, Workable, Objective, Tangible
- D. Sales, Willingness, Options, Targets

**Answer: A**

Explanation:

Comprehensive Detailed Explanation

SWOT analysis is a business-planning tool taught in NASM's professional development section, designed to help trainers identify internal and external factors affecting their practice. NASM defines SWOT as:

Strengths: internal advantages like skills, education, or client rapport.

Weaknesses: internal limitations, such as lack of experience in a niche.

Opportunities: external possibilities for growth, like emerging markets or new certifications.

Threats: external challenges like competition or economic downturns.

This structured self-assessment enables personal trainers to strategically plan their services and marketing to leverage strengths, address weaknesses, capitalize on opportunities, and mitigate threats.

## NEW QUESTION # 121

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