

CPT Test Questions Fee & New CPT Exam Topics

CPT TEST

CPT stands for... - answerCommon Procedural Terminology

Who is responsible for maintaining the CPT code set? - answerAMA's CPT Editorial Panel

HCPCS stands for... - answerHealthcare Common Procedure Coding System

What are the levels of HCPCS? - answerLevel I: AMA CPT Code Set; makes up the majority of the HCPCS
Level II: National Code Set

Each level is its own unique coding system.

Who updates CPT? When is CPT updated and when do the updates take effect? - answerUpdates are done by AMA CPT Editorial Panel.
Updated annually; released in the fall but effective on Jan 1 of every year.

What do CPT codes look like? - answerEach procedure or service code is identified with a 5-digit code or a 5-character alphanumeric code.
Two-digit modifiers.

What are HCPCS Level II codes? When are they updated and Who maintains them? - answerNational Codes that describe services and supplies not found in the CPT code set (examples: durable medical equip, ambo svc, med & surg supplies, drugs, orthotics/prosthetics).
Updated annually; Maintained by CMS

What are the CPT Categories? - answerCat I, Cat II, CatIII

What are CPT Category I codes? - answerProcedure or services with 5-DIGIT CPT codes and descriptor code set.

What are CPT Category II codes? - answerCode set developed for optional reporting of performance measurement. These are intended to facilitate data collection by encoding specific services and/or test results that have exhibited evidence-based results for contributing to positive health outcomes and quality patient care.

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NASM Certified Personal Trainer Exam Sample Questions (Q32-Q37):

NEW QUESTION # 32

A trainer is holding a consultation with a new client who is in the preparation stage of change. Which of the following actions should the trainer take first?

- A. Perform the shark skill test.
- **B. Discuss realistic expectations with her.**
- C. Design a new workout program using the OPT model.
- D. Lead her through a challenging workout.

Answer: B

Explanation:

In the preparation stage of the Transtheoretical Model, the client is getting ready to start regular activity but has not yet established a consistent routine. The NASM CPT7 Study Guide emphasizes that the trainer's initial focus should be on building rapport, setting realistic expectations, and helping the client develop a clear plan rather than jumping into testing or advanced program design. This discussion fosters motivation, commitment, and clarity, ensuring the client transitions smoothly into regular training with sustainable habits.

NEW QUESTION # 33

Davis's law states which of the following?

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

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 # 34

Which of the following are benefits of a proper cool down?

- A. Increases heart rate and reduces stretch reflex
- B. Complete muscle recovery and repair
- C. Decreases blood flow and enhances contraction
- **D. Gradual recovery and reduces muscle soreness**

Answer: D

NEW QUESTION # 35

As the contraction against a resistance increases, more and more motor units come into play. This is described as

- **A. Motor unit recruitment**
- B. Mitochondrial failure
- C. Myofibril failure
- D. Motor unit interruption

Answer: A

NEW QUESTION # 36

Which of the following is an appropriate heart rate range for a client who scored average on the YMCA 3- minute step test?

- A. 55% to 60%
- B. 86% to 95%
- C. 76% to 85%
- D. 65% to 75%

Answer: D

Explanation:

The YMCA 3-Minute Step Test is used to estimate cardiorespiratory fitness. In the NASM CPT7 Study Guide, clients who score average on this test should begin cardiorespiratory training at a target heart rate zone of 65% to 75% of their estimated maximal heart rate. This ensures they are challenged enough to stimulate cardiovascular improvement without causing undue fatigue or risk, aligning with Zone 1-2 intensities for aerobic base building.

NEW QUESTION # 37

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