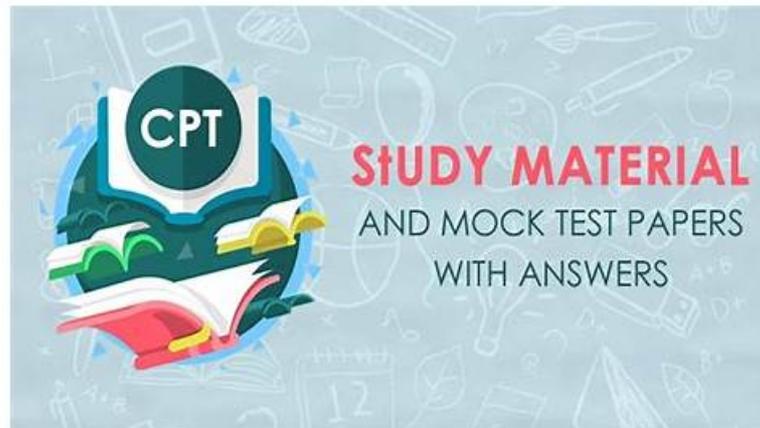


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NASM Certified Personal Trainer Exam Sample Questions (Q77-Q82):

NEW QUESTION # 77

A client is able to correctly perform a single leg dumbbell overhead press. Which of the following is the appropriate stabilization progression for performing this exercise?

- A. Standing on one foot on a BOSU ball
- B. Standing with an increased dumbbell weight
- C. Standing with two feet on a BOSU ball
- D. Standing in a staggered stance on a stable surface

Answer: A

Explanation:

The NASM OPT model recommends increasing instability to progress stabilization demands, moving from stable # less stable # unstable environments. For a single leg dumbbell overhead press, the next stabilization progression is to maintain the single-leg position but place it on a BOSU ball, which significantly increases balance and proprioceptive challenges.

Increasing dumbbell weight (Option A) changes load, not stability. Standing in a staggered stance (Option B) reduces stability challenge compared to single leg. Standing with two feet on a BOSU ball (Option C) is unstable but less challenging than single leg on BOSU. Therefore, single leg on BOSU is the correct progression.

NEW QUESTION # 78

A trainer is designing an exercise program for a client who has hypertension. Which of the following core- stabilization exercises should the trainer include?

- A. Marching
- B. Two-leg floor bridge
- C. Prone isometric abdominals
- D. Standing cobra

Answer: C

Explanation:

For clients with hypertension, NASM recommends low-intensity core stabilization exercises that avoid excessive isometric contractions of large muscle groups, avoid heavy loading, and maintain controlled breathing to prevent excessive blood pressure spikes. The prone isometric abdominal exercise (commonly known as a forearm plank) activates deep core stabilizers, such as the transversus abdominis and multifidus, without requiring high spinal loads or large dynamic movements. The Study Guide emphasizes that

"stabilizers... contract isometrically to stabilize the trunk and joints as the body moves" and that core stabilization should be prioritized before progressing to more dynamic exercises. The other options, like two- leg floor bridge or marching, can be useful for core activation but may involve more hip movement and higher intra-abdominal pressure. Standing cobra is a postural endurance exercise for the upper back and shoulders, not specifically a primary core stabilization drill. The prone isometric abdominal exercise thus fits both the physiological safety needs for hypertension and NASM's progression model.

NEW QUESTION # 79

The typical adult skeleton is composed of how many bones?

- A. 0
- B. 1
- C. 2
- D. 3

Answer: A

NEW QUESTION # 80

Which of the following exercises is a regression in intensity from a box jump-up with stabilization?

- A. Transverse jump with stabilization
- B. Squat jump with stabilization
- C. Horizontal jump with stabilization
- D. Box jump-down with stabilization

Answer: D

Explanation:

NASM's plyometric training progressions and regressions are based on the force and stability demands of an exercise. A box jump-up with stabilization requires explosive concentric force to jump vertically onto a platform, followed by an isometric hold. A box jump-down with stabilization removes the explosive vertical propulsion requirement and instead focuses on eccentric force absorption and landing mechanics, which generally reduces intensity.

Horizontal jumps, squat jumps, and transverse jumps with stabilization typically demand more power output or multi-planar coordination than a controlled step/landing from a box. Thus, among the listed choices, the box jump-down with stabilization is the regression because it lowers concentric demand while still training landing control and joint stabilization-making it safer for clients not yet ready for the more intense jump-up variations.

NEW QUESTION # 81

A trainer is working with a client who makes a statement about always feeling hungry and fatigued. Which of the following is an appropriate response for the trainer to make?

- A. "That means you haven't eaten enough today."
- B. "Have you thought about talking to your doctor?"

- C. "Those feelings can be consistent with diabetes."
- D. "Have you thought about taking performance supplements?"

Answer: B

Explanation:

NASM's scope of practice clearly states that personal trainers cannot diagnose medical conditions or prescribe treatments. When a client expresses symptoms such as persistent hunger and fatigue, which could indicate various medical issues (including but not limited to diabetes), the correct and ethical response is to refer them to a qualified healthcare professional.

Saying "That means you haven't eaten enough today" (Option A) is speculative and assumes a cause without evidence. Suggesting a possible diagnosis such as "consistent with diabetes" (Option C) steps outside the trainer's scope of practice. Recommending performance supplements (Option D) without first ruling out underlying health issues is inappropriate and potentially unsafe. By encouraging the client to consult a doctor, the trainer remains within scope, ensures client safety, and upholds professional responsibility.

NEW QUESTION # 82

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