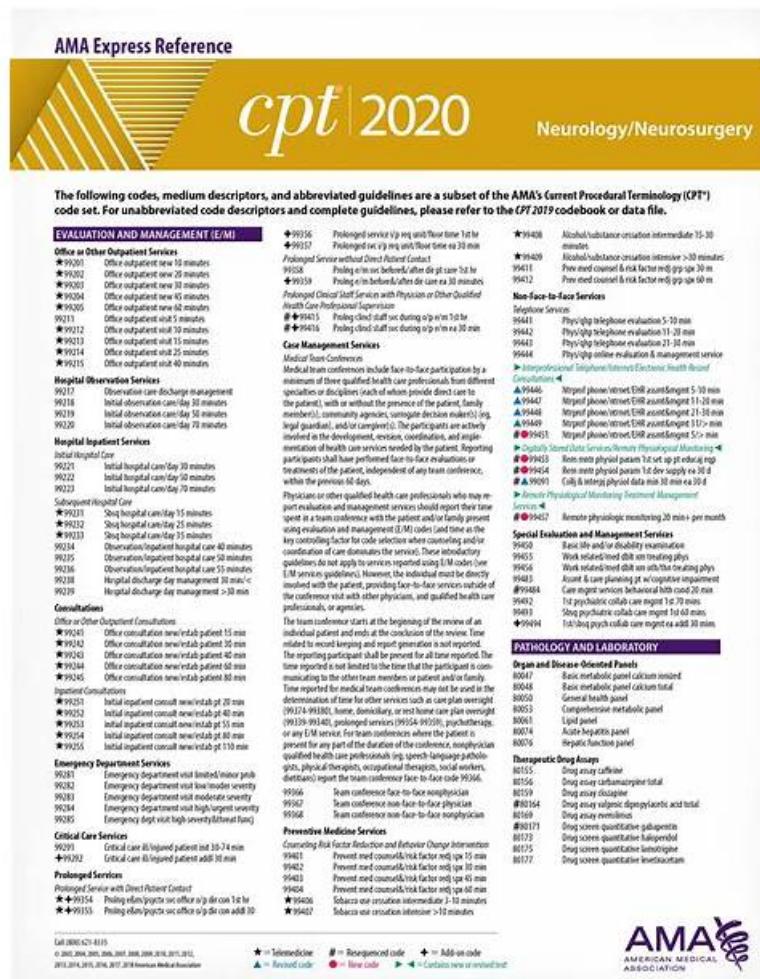


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NASM Certified Personal Trainer Exam Sample Questions (Q148-Q153):

NEW QUESTION # 148

The typical adult skeleton is composed of how many bones?

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

Answer: A

NEW QUESTION # 149

What is the second stage of the aerobic progression model?

- A. Preparation conditioning
- B. Initial conditioning
- C. Improvement conditioning
- D. Maintenance conditioning

Answer: B

NEW QUESTION # 150

Which of the following is the greatest contributor to an increased cardiovascular risk profile?

- A. High caffeine intake
- B. Being underweight
- C. Skipping meals
- D. Being sedentary

Answer: D

NEW QUESTION # 151

Which of the following is an adaptation caused by regular resistance training?

- A. Increased motor unit recruitment
- B. Increased muscle recovery time
- C. Decreased muscle hypertrophy
- D. Decreased circulation

Answer: A

NEW QUESTION # 152

Proprioceptors are elements within the body that assist with the

- A. Prevention of muscle and joint injury
- B. Sense of touch and temperature
- C. Regulation of respiratory rate
- D. Metabolism of nutrients

Answer: A

NEW QUESTION # 153

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