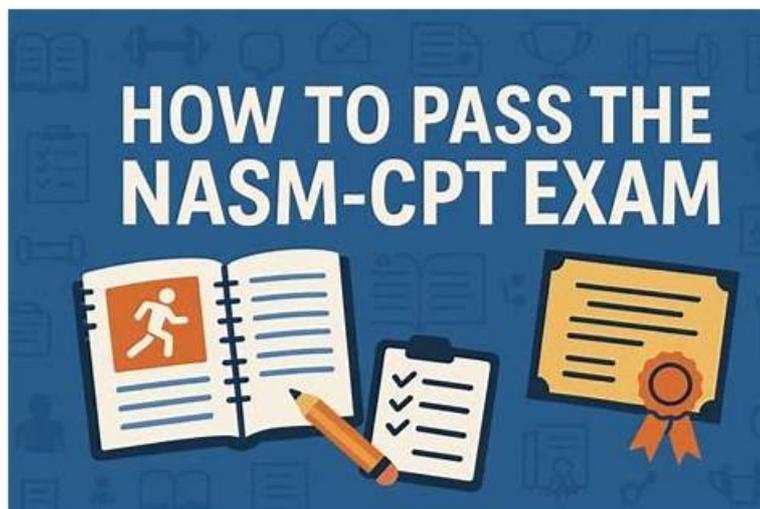


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NASM Certified Personal Trainer Exam Sample Questions (Q79-Q84):

NEW QUESTION # 79

What is flexibility?

- A. The ability to maintain a stretch for an increasing amount of time.
- B. The capacity for muscles to contract with maximal force production.
- C. The muscle tension that is achieved through the stretch.
- **D. The ability to move muscles and joints through their full range of motion.**

Answer: D

NEW QUESTION # 80

If a client's lower back arches during an overhead squat test, which of the following muscles is likely underactive?

- A. Erector spinae
- B. Psoas major

- C. Latissimus dorsi
- D. Transverse abdominis

Answer: D

Explanation:

If a client's lower back arches during the Overhead Squat Assessment, this indicates excessive lumbar extension and an anterior pelvic tilt, often due to overactive hip flexors and erector spinae, and underactive core stabilizers—especially the transverse abdominis. NASM identifies the transverse abdominis, internal obliques, and multifidus as key local stabilization system muscles that contract isometrically to stabilize the LPHC during movement. Weakness in the transverse abdominis allows the pelvis to tilt forward and the lumbar spine to overextend, which appears as an arch in the lower back. Strengthening this deep abdominal muscle helps maintain a neutral spine under load.

NEW QUESTION # 81

Which of the following is a result of an intense aerobic conditioning program?

- A. Increased myofibril hypertrophy
- B. Reduced contractile protein synthesis
- C. Building new mitochondria
- D. Reduced bone density

Answer: D

NEW QUESTION # 82

A trainer is instructing a client about performing an OHSA. Which of the following should the trainer include?

- A. "Start by raising your arms over your head with your elbows fully extended."
- B. "Start by crossing your arms over your chest."
- C. "Start by extending your arms forward and parallel with the floor."
- D. "Start by placing your hands on your hips with your elbows bent."

Answer: A

Explanation:

The Overhead Squat Assessment (OHSA) is a key movement screening tool in NASM's assessment protocol.

The proper starting position requires the client to stand with feet shoulder-width apart, pointing straight ahead, and arms raised directly overhead with elbows fully extended. This position places the shoulders in full flexion and challenges the client's ability to maintain posture through the kinetic chain during the squat. The Study Guide specifies that this alignment allows observation of compensations in the ankles, knees, hips, LPHC, and shoulders. Starting with arms forward, crossed, or on the hips would not adequately test upper extremity and spinal stability in relation to lower-body mechanics, and would reduce the assessment's diagnostic value.

NEW QUESTION # 83

Which component carries information as electrical impulses to the muscles, controlling the body's movement?

- A. Myofibrils
- B. Capillaries
- C. Hormones
- D. Nerves

Answer: D

NEW QUESTION # 84

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