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CPT stands for... ✓✓Common Procedural Terminology

Who is responsible for maintaining the CPT code set? ✓✓AMA's CPT Editorial Panel

HCPCS stands for... ✓✓Healthcare Common Procedure Coding System

What are the levels of HCPCS? ✓✓Level 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? ✓✓Updates are done by AMA CPT Editorial Panel.

Updated annually; released in the fall but effective on Jan 1 of every year.

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NASM Certified Personal Trainer Exam Sample Questions (Q19-Q24):

NEW QUESTION # 19

A client's head protrudes forward during a pulling assessment. Which of the following muscles may be underactive?

- A. Upper trapezius
- B. Deep cervical flexors
- C. Sternocleidomastoid
- D. Levator scapulae

Answer: B

Explanation:

In a pulling assessment, if a client's head protrudes forward, NASM identifies the deep cervical flexors as commonly underactive. This forward head posture often results from overactivity in muscles such as the upper trapezius, sternocleidomastoid, and levator scapulae, combined with underactivity in stabilizing muscles like the deep cervical flexors. Corrective strategies include activation exercises for the deep cervical flexors and stretching/inhibiting the overactive neck and shoulder muscles.

NEW QUESTION # 20

During the lunge assessment, the trainer notices that the client has a tendency to lean forward. What does this MOST likely indicate?

- A. Tight adductors and/or abductors
- B. Imbalanced foot and/or ankle muscles
- C. Weak core and/or gluteus maximus
- D. Poor hip stability and mobility

Answer: C

NEW QUESTION # 21

During the overhead squat assessment, a client exhibits an excessive forward lean. This indicates decreased neural drive in which of the following muscles?

- A. Popliteus
- B. Rectus femoris
- C. Erector spinae
- D. Rhomboids

Answer: C

Explanation:

In the Overhead Squat Assessment (OHSA), an excessive forward lean often indicates underactive erector spinae muscles along with other potential compensations. The NASM CPT Study Guide explains that decreased neural drive (underactivity) in the erector spinae reduces the spine's ability to remain extended against gravity, leading to a forward trunk angle.

The erector spinae are part of the posterior chain, working synergistically with the gluteus maximus and hamstrings to maintain upright posture during squatting. When they are underactive, other muscles-such as the hip flexor complex-may dominate, pulling the pelvis and torso forward. Popliteus primarily assists with knee stability and internal rotation of the tibia, rhomboids are involved in scapular retraction (not lumbar extension), and the rectus femoris is a hip flexor/knee extensor, often overactive in forward lean cases. Thus, the forward lean points directly to reduced neural drive in the erector spinae.

NEW QUESTION # 22

A client who uses the erector spinae to perform a hip extension is exhibiting which of the following?

- A. Autogenic inhibition
- B. Reciprocal inhibition

- C. Neuromuscular efficiency
- D. Synergistic dominance

Answer: D

Explanation:

Synergistic dominance occurs when synergist muscles compensate for a weak or inhibited prime mover, taking over its primary function. In this case, the erector spinae—normally a spinal stabilizer—are performing hip extension instead of the gluteus maximus, which is the prime mover for that action.

The NASM CPT7 Study Guide explains that altered length-tension relationships and poor neuromuscular recruitment patterns can cause helper muscles to dominate, leading to inefficient movement and potential injury.

This is distinct from reciprocal inhibition (agonist-antagonist relationship), autogenic inhibition (GTO- mediated relaxation), and neuromuscular efficiency (optimal recruitment patterns).

NEW QUESTION # 23

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

Answer: C

NEW QUESTION # 24

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