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## Final NASM CPT 2024 Exam 1 Review [100% Pass]

Which client position during exercise has been shown to lead to the highest core muscle activity during breathing exercises? \*Ans\*  Standing

What type of input may provide a runner with a cue to contract the evertor muscles to avoid an inversion injury? \*Ans\*  Proprioception

Before studying to become an NASM Certified Personal Trainer, Kim worked as a copywriter for a large ad agency. Now that she is working as a personal trainer at a fitness studio, she is looking for additional income opportunities. Which of the following would provide her with the best option for increasing her earning potential? \*Ans\*  Marketing her services as a writer to create blogs and social media posts for her studio as well as other fitness professionals in her area.

Which of the following is the functional unit of a muscle cell? \*Ans\*  Sarcomere

What step cadence is used during the YMCA 3-minute step test? \*Ans\*  A cadence of 96 steps per minute

A client looking to add muscle and bulk over the next few months asks for advice on how to consume extra calories. Which of the following would be the most appropriate advice, while

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## NASM Certified Personal Trainer Exam Sample Questions (Q145-Q150):

### NEW QUESTION # 145

In order for exhalation to occur, the diaphragm

- A. relaxes, decreasing air volume in the lungs.
- B. relaxes, increasing air volume in the lungs.
- C. contracts, increasing air volume in the lungs.
- D. contracts, decreasing air volume in the lungs.

**Answer: A**

### NEW QUESTION # 146

Which of the following is the primary adaptation from resistance training in the stabilization level of the OPT model?

- A. Muscular endurance
- B. Strength endurance
- C. Muscular hypertrophy
- D. Power

**Answer: A**

Explanation:

The stabilization level (Phase 1: Stabilization Endurance Training) of NASM's OPT model focuses on improving muscular endurance and stability through controlled, low-load, high-repetition training. The CPT7 Study Guide states the primary adaptation is "to increase a muscle's ability to produce force for an extended period of time while maintaining ideal posture and joint stability". Muscular hypertrophy (Option A) is the main adaptation of Phase 3: Muscular Development, strength endurance (Option B) is specific to Phase 2: Strength Endurance Training, and power (Option D) is developed in the Power Level (Phases 5 and 6). Therefore, for the stabilization level, the main adaptation is muscular endurance, which supports foundational movement quality and injury prevention before progressing to heavier loads or explosive movements.

### NEW QUESTION # 147

Which of the following is the third step in the Stages of Change model?

- A. Preparation
- B. Action
- C. Contemplation
- D. Precontemplation

**Answer: C**

Explanation:

The third step in the Stages of Change model is contemplation. NASM describes this stage as when individuals are aware of the benefits of exercise and are thinking about starting, but have not yet committed to taking action. They often weigh pros and cons, and motivation is inconsistent. The sequence is: 1.

Precontemplation, 2. Preparation, 3. Contemplation, 4. Action, 5. Maintenance. Correctly identifying the stage allows the trainer to use strategies like motivational interviewing to encourage commitment.

### NEW QUESTION # 148

Which of the following instructions should a personal trainer give a client during static stretching?

- A. Sustain pressure on a tender spot for a minimum of 30 seconds.
- B. Hold the stretch for 1 to 2 seconds and repeat for 5 to 10 repetitions.
- C. Complete one set of 10 repetitions for three or more exercises.
- D. Complete one to three sets and hold each stretch for 30 seconds.

## Answer: D

Explanation:

For static stretching, NASM recommends holding each stretch for about 30 seconds to allow for relaxation of the muscle via autogenic inhibition. The guide outlines completing 1-3 sets per muscle group, particularly after workouts or as part of a corrective flexibility program. This method helps increase joint range of motion, correct muscle imbalances, and reduce tension in overactive muscles. Shorter holds (1-2 seconds) are used in dynamic warm-ups, not static stretching.

## NEW QUESTION # 149

The upright row should always be performed with caution and less intensity because

- A. It has been known to cause tears in the hamstrings and gastrocnemius
- B. It can cause a muscle imbalance between the biceps and the triceps
- C. It is an advanced movement, and can lead to an over-development of the pectoralis major and minor
- D. **Simultaneous internal rotation and abduction of the shoulder can lead to impingement and tendon injury**

## Answer: D

## NEW QUESTION # 150

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