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CSEP CPT Exam

what is the average stroke volume during exercise and at rest? - ANSWERRest: 70 mL/b
Exercise: 120-190mL/b

what is the average cardiac output at rest and during Exercise? - ANSWERRest: 4900 mL/min
Exercise: 22800-34200 mL/min

What is the fuel for the anaerobic alactic system? Duration? By products? -
ANSWERFuel: ATP and PCr
Duration : 0-15 secs
By products: ADP, Cr, Pi

What is the fuel for the anaerobic lactic system? Duration? By-products? -
ANSWERFuel: CHO
Duration: 15-120 secs
By-Products: Lactic Acid, 2 ATP/mol CHO

What is the fuel for the aerobic system? Duration? By-products? - ANSWERFuel: CHO, Fats, and Proteins (5%)
Duration: 120 -several hours
By-Products: Heat, 36 ATP/mol CHO, H₂O, CO₂

What is the valid direct measure of MAP or VO₂? - ANSWER breath by breath analysis whereby the subject is hooked up to an analyzer via a hose/mask. The contents of each breath is then analyzed while incrementally increasing the WR/WL until the subject can no longer maintain the intended intensity minimum or the tester deems them unfit to continue.

What are METs? - ANSWER MET or Metabolic Equivalent is the ratio of energy consumption to a reference metabolic rate set by convention to 3.5 ml O₂/kg/min.

What are the METs during light intensity, moderate intensity, vigorous intensity, and moderate-vigorous intensity PA? - ANSWERLight: >1.5 MET <3.0
Moderate: 3-6 METS
Vigorous: >6 MET
Mod-Vig: All Activities > 3 METs

Define Muscular Strength. - ANSWER is the ability to produce maximal force at a given speed.

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NASM Certified Personal Trainer Exam Sample Questions (Q203-Q208):

NEW QUESTION # 203

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

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

Answer: B

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 # 204

For a client whose body composition goals include weight loss, which of the following is the most important nutritional factor?

- **A. Stay hydrated.**
- B. Eat a low-carbohydrate diet.
- C. Schedule only two meals a day.
- D. Eat a high-fat diet.

Answer: A

Explanation:

For weight loss and body composition improvements, hydration is a critical nutritional factor. NASM's nutrition guidelines emphasize that general population fluid recommendations are about 2.7 L/day for women and 3.7 L/day for men. Proper hydration supports metabolic efficiency, appetite regulation, exercise performance, and recovery—all essential for effective weight loss. While some diets focus on carbohydrate or fat manipulation, NASM stresses that weight loss fundamentally depends on energy balance and meeting physiological needs, which include adequate water intake. Extreme restrictions such as only two meals per day are not necessary or recommended for sustainable fat loss. Staying hydrated also helps maintain training intensity, which further supports caloric expenditure and fat loss.

NEW QUESTION # 205

A client has an overactive lateral gastrocnemius. Which of the following types of flexibility training is appropriate for this client?

- **A. Static**
- B. Active
- C. Dynamic
- D. Plyometric

Answer: A

Explanation:

For an overactive lateral gastrocnemius, the CPT7 guide recommends static stretching to lengthen the muscle and reduce tension via autogenic inhibition. Static flexibility involves holding a stretch for ~30 seconds, allowing the Golgi tendon organs to signal relaxation. This is part of the corrective flexibility approach in NASM's flexibility continuum, used to address overactivity before dynamic or

performance-focused stretching. Active or dynamic stretching is better suited for warming up underactive muscles, while plyometric work is not appropriate for addressing overactivity.

NEW QUESTION # 206

A trainer observes that a client's knees turn in during an overhead squat assessment. Which of the following exercises should the trainer recommend?

- A. Hip adduction
- B. Hamstring curl
- C. Seated leg press
- **D. Lateral tube walking**

Answer: D

Explanation:

When a client's knees turn inward during the overhead squat assessment, NASM identifies probable overactive and underactive muscles. Underactive muscles often include the gluteus medius and maximus.

Corrective strategies involve strengthening these abductors, and lateral tube walking is a targeted exercise for the gluteus medius, which helps control femoral internal rotation and knee valgus. The guide emphasizes integrating these corrective exercises into a full warm-up or stabilization phase to address faulty movement patterns .

NEW QUESTION # 207

A client has mastered the single-leg squat on the floor. Which of the following is a proprioceptive and challenging progression?

- **A. Single-leg squat on a Dyna disc**
- B. Two-leg squat on Dyna disc
- C. Single-leg squat on an Airex pad
- D. Two-leg squat on floor

Answer: A

Explanation:

NASM's balance progression principles move from stable # less stable # unstable surfaces, while keeping proper form. A single-leg squat on a Dyna disc is more proprioceptively challenging than doing it on the floor or even on an Airex pad because the Dyna disc creates multidirectional instability.

Two-leg squats, even on unstable surfaces, are less challenging for balance than single-leg squats. Therefore, progressing from single-leg squat on the floor to single-leg squat on a Dyna disc follows the recommended instability progression.

NEW QUESTION # 208

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