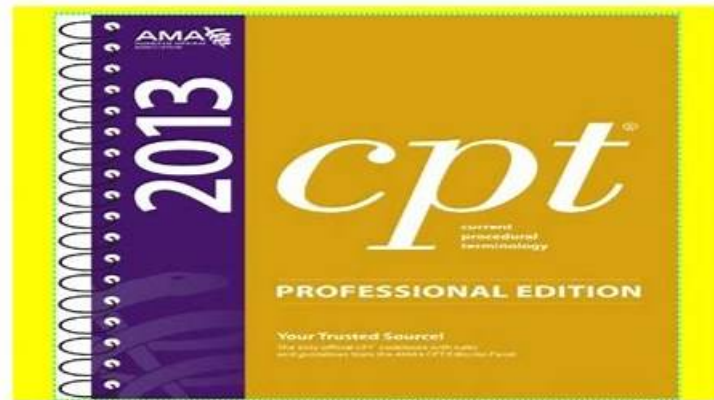


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NASM Certified Personal Trainer Exam Sample Questions (Q92-Q97):

NEW QUESTION # 92

A trainer is holding a consultation with a new client who is in the preparation stage of change. Which of the following actions should the trainer take first?

- A. Perform the shark skill test.
- **B. Discuss realistic expectations with her.**
- C. Design a new workout program using the OPT model.
- D. Lead her through a challenging workout.

Answer: B

Explanation:

In the preparation stage of the Transtheoretical Model, the client is getting ready to start regular activity but has not yet established a consistent routine. The NASM CPT7 Study Guide emphasizes that the trainer's initial focus should be on building rapport, setting realistic expectations, and helping the client develop a clear plan rather than jumping into testing or advanced program design. This discussion fosters motivation, commitment, and clarity, ensuring the client transitions smoothly into regular training with sustainable habits.

NEW QUESTION # 93

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 # 94

Which of the following would achieve similar results compared to Olympic weightlifting for the sport- specific client?

- A. Circuit training
- B. Neuromuscular facilitation
- C. Antagonistic training
- **D. Compensatory acceleration**

Answer: D

NEW QUESTION # 95

Which of the following is an appropriate speed, agility, quickness drill for a senior client?

- A. Mirror drill
- B. Box drill
- C. Hurdle stepovers
- **D. Red light, green light**

Answer: D

Explanation:

NASM recommends that speed, agility, and quickness (SAQ) training for seniors be safe, low-impact, and fun while still promoting movement efficiency, coordination, and reaction time. The "Red light, green light" drill fits this profile because it uses controlled start-and-stop movements that can be adjusted for speed and range of motion based on ability.

Hurdle stepovers, box drills, and mirror drills involve greater joint stress, faster direction changes, and higher impact, which may not be ideal for all senior clients unless they have advanced fitness levels. Thus, Red light, green light is the most appropriate SAQ drill for this population.

NEW QUESTION # 96

A client is able to correctly perform a single leg dumbbell overhead press. Which of the following is the appropriate stabilization progression for performing this exercise?

- A. Standing with two feet on a BOSU ball
- B. Standing in a staggered stance on a stable surface
- C. Standing with an increased dumbbell weight
- **D. Standing on one foot on a BOSU ball**

Answer: D

Explanation:

The NASM OPT model recommends increasing instability to progress stabilization demands, moving from stable # less stable # unstable environments. For a single leg dumbbell overhead press, the next stabilization progression is to maintain the single-leg position but place it on a BOSU ball, which significantly increases balance and proprioceptive challenges. Increasing dumbbell weight (Option A) changes load, not stability. Standing in a staggered stance (Option B) reduces stability challenge compared to single leg. Standing with two feet on a BOSU ball (Option C) is unstable but less challenging than single leg on BOSU. Therefore, single leg on BOSU is the correct progression.

NEW QUESTION # 97

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