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NASM Personal Training Certification Exam Questions with Verified Solutions.

1. Muscle imbalances - ANS alteration of muscle length surrounding a joint
2. Obesity - ANS The condition of being considerably overweight, and refers to a person with a body mass index of 30 or greater, or who is at least 30 pounds over his or her recommended weight
3. What is the BMI of a typical obese individual? - ANS 30 or greater
4. Refers to a person with a body mass index of 25-29.9 or who is between 25-30 pounds over the recommended weight - ANS overweight
5. These are also known as cholesterol and triglycerides and are carried in the bloodstream by protein molecules known as HDL and LDL - ANS blood lipids
6. Chronic metabolic disorder caused by insulin deficiency, which impairs carbohydrate usage and enhances usage of fats and proteins - ANS diabetes mellitus
7. A state of lost physical fitness, which may include muscle imbalances, decreased flexibility, and a lack of core and joint stability - ANS deconditioned
8. The cumulative sensory input to the central nervous system from all mechanoreceptors that sense body positions and limb movement - ANS proprioception
9. An unstable physical situation in which exercises are performed that cause the body to use its internal balance and stabilization mechanisms (Examples include using stability balls and single-leg squats versus traditional) - ANS proprioceptive enriched movement
10. Smaller divisions of training progressions that fall within the three building blocks of training - ANS phases of training
11. A muscle's ability to contract for an extended period - ANS muscular endurance
12. The ability of the neuromuscular system to enable all muscles to efficiently work together in all planes of motion - ANS neuromuscular efficiency
13. What is the first phase of training that should be completed before anything else to prevent injury and/or tension at the joints? - ANS stabilization training

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NASM Certified Personal Trainer Exam Sample Questions (Q11-Q16):

NEW QUESTION # 11

Which of the following is the primary hormone secreted during times of stress?

- A. Estrogen
- B. Progesterone
- C. Cortisol
- D. Testosterone

Answer: C

NEW QUESTION # 12

A 60-year-old female with a Cardiovascular Risk Profile assessment of 33 is 80 pounds overweight, but she is highly motivated to start an exercise program. The trainer should advise her to:

- A. Consult her physician
- B. Implement a low carbohydrate diet
- C. Seek a qualified yoga instructor
- D. Start a walking program

Answer: A

NEW QUESTION # 13

Which of the following is required to maintain certification status?

- A. Earn 2 CEUs every 2 years.
- B. Attend a national conference.
- C. Re-take the certification exam.
- D. Publish work in peer reviewed journals.

Answer: A

Explanation:

NASM requires certified personal trainers to complete 2.0 continuing education units (CEUs) every two years to maintain certification. This must include at least 1.9 CEUs from continuing education activities and 0.1 CEU from renewing CPR/AED certification. The Study Guide's professional development section stresses that "continuing education courses are not just necessary for recertification; they can teach fitness professionals how to work with niche populations and enable business growth." Retaking the exam, attending conferences, or publishing research are optional career development activities but not mandatory for certification renewal. Meeting the CEU requirement ensures trainers stay current with best practices and maintain professional competency.

NEW QUESTION # 14

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

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

Answer: D

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 # 15

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

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

Answer: C

NEW QUESTION # 16

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