

Lab NASM CPT Questions & New Exam CPT Materials

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Davis's law states which of the following?

Select one:

- a. A chronically shortened muscle will demonstrate poor neuromuscular efficiency.
- b. Soft tissue models along the lines of stress.
- c. A tight agonist muscle will decrease neural drive to its functional antagonist.
- d. The body will seek the path of least resistance during functional movement patterns. - ✓✓b. Soft tissue models along the lines of stress

Which of the following muscles is underactive if a client demonstrates an anterior pelvic tilt?

Select one:

- a. Erector spinae
- b. Psoas
- c. Latissimus dorsi
- d. Gluteus maximus - ✓✓d. Gluteus maximus

When assessing an overhead squat, an indication of relative flexibility due to tightness in the lateral gastrocnemius is:

Select one:

- a. the knees moving inward.
- b. external rotation of the feet.
- c. excessive forward lean.
- d. low back arches. - ✓✓b. external rotation of the feet.

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NASM Certified Personal Trainer Exam Sample Questions (Q151-Q156):

NEW QUESTION # 151

Which of the following is an adaptation caused by regular resistance training?

- A. Decreased circulation
- **B. Increased motor unit recruitment**
- C. Decreased muscle hypertrophy
- D. Increased muscle recovery time

Answer: B

NEW QUESTION # 152

Which of the following is included in lipids?

- A. Amino acids
- B. Glycine
- **C. Triglycerides**
- D. Polysaccharides

Answer: C

Explanation:

Lipids-commonly referred to as fats-include triglycerides, phospholipids, and sterols. The NASM Study Guide specifies: "Lipids are commonly referred to as fats and include triglycerides, phospholipids, and sterols." Triglycerides are the primary form of fat stored in the body and a major energy reserve, especially for prolonged, lower-intensity activity. Each triglyceride molecule consists of glycerol bound to three fatty acids. In contrast, glycine and amino acids are protein components, and polysaccharides are complex carbohydrates (e.g., starches). Lipids are energy dense (9 kcal/gram) and serve not only as a long-term energy source but also play roles in cell membrane integrity, hormone production, and nutrient absorption. Including triglycerides in the definition of lipids aligns directly with NASM's nutritional science section.

NEW QUESTION # 153

A trainer is designing an exercise program for a client who has hypertension. Which of the following core- stabilization exercises should the trainer include?

- **A. Prone isometric abdominals**
- B. Standing cobra
- C. Two-leg floor bridge
- D. Marching

Answer: A

Explanation:

For clients with hypertension, NASM recommends low-intensity core stabilization exercises that avoid excessive isometric contractions of large muscle groups, avoid heavy loading, and maintain controlled breathing to prevent excessive blood pressure spikes. The prone isometric abdominal exercise (commonly known as a forearm plank) activates deep core stabilizers, such as the transversus abdominis and multifidus, without requiring high spinal loads or large dynamic movements. The Study Guide emphasizes that

"stabilizers... contract isometrically to stabilize the trunk and joints as the body moves" and that core stabilization should be prioritized before progressing to more dynamic exercises. The other options, like two- leg floor bridge or marching, can be useful for core activation but may involve more hip movement and higher intra-abdominal pressure. Standing cobra is a postural endurance exercise for the upper back and shoulders, not specifically a primary core stabilization drill. The prone isometric abdominal exercise thus fits both the physiological safety needs for hypertension and NASM's progression model.

NEW QUESTION # 154

For general fitness goals, aerobic activity should be performed at no higher than which intensity?

- A. 50%
- **B. 70%**
- C. 80%
- D. 60%

Answer: B

NEW QUESTION # 155

Which of the following describes the anatomical position of the sternum in relation to the pelvis?

- A. Medial
- B. Inferior
- C. Lateral
- **D. Superior**

Answer: D

NEW QUESTION # 156

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