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NASM Certified Personal Trainer Exam Sample Questions (Q155-Q160):

NEW QUESTION # 155

A trainer is working with a client who has been struggling to fit in his workouts. Which of the following actions should the trainer take?

- A. Suggest that the client set multiple goals at one time.
- **B. Discuss the client's social support structure.**
- C. Address the client's lack of discipline and compliance.
- D. Redesign the client's workout program around a new goal.

Answer: B

Explanation:

NASM's behavioral coaching and psychology of exercise sections highlight that social support is one of the strongest influences on exercise adherence. The Study Guide explains that "social support consists of a source (who or what provides it) and a type (instrumental, emotional, informational, and companionship), and clients will have different needs and expectations of social support." When a client struggles to fit workouts into their life, the trainer's role is to identify potential barriers, such as lack of time,

convenience, or support from family and friends, and then work collaboratively to create realistic solutions. Discussing the client's social support structure helps uncover if others can provide instrumental support (childcare, transportation), emotional support (encouragement), or companionship (workout partners). This aligns with NASM's guidance to focus on overcoming barriers, rather than criticizing discipline or making abrupt program changes unrelated to the root cause. Setting multiple new goals at once can overwhelm the client, reducing adherence.

Therefore, addressing the support system provides a foundation for sustainable workout integration.

NEW QUESTION # 156

Which of the following exercises is a regression in intensity from a box jump-up with stabilization?

- A. Squat jump with stabilization
- B. Box jump-down with stabilization
- C. Horizontal jump with stabilization
- D. Transverse jump with stabilization

Answer: B

Explanation:

NASM's plyometric training progressions and regressions are based on the force and stability demands of an exercise. A box jump-up with stabilization requires explosive concentric force to jump vertically onto a platform, followed by an isometric hold. A box jump-down with stabilization removes the explosive vertical propulsion requirement and instead focuses on eccentric force absorption and landing mechanics, which generally reduces intensity.

Horizontal jumps, squat jumps, and transverse jumps with stabilization typically demand more power output or multi-planar coordination than a controlled step/landing from a box. Thus, among the listed choices, the box jump-down with stabilization is the regression because it lowers concentric demand while still training landing control and joint stabilization-making it safer for clients not yet ready for the more intense jump-up variations.

NEW QUESTION # 157

The typical adult skeleton is composed of how many bones?

- A. 0
- B. 1
- C. 2
- D. 3

Answer: A

NEW QUESTION # 158

Which of the following terms refers to the process of muscles moving together to produce movement around a joint?

- A. Force-couple relationship
- B. Force-velocity curve
- C. Synergistic dominance
- D. Length-tension relationship

Answer: A

Explanation:

The NASM CPT7 Study Guide defines a force-couple relationship as the coordinated action of multiple muscles working together to produce movement around a joint. This occurs when muscles pull in different directions to produce the same rotary motion. For example, during an upward rotation of the scapula, the upper trapezius, lower trapezius, and serratus anterior work together in a force couple. This coordination is essential for efficient movement patterns and injury prevention.

NEW QUESTION # 159

Which of the following is included in lipids?

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

Answer: B

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 # 160

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Appropriately, we can wrap up this post with the way that the test centers around the material that is essential to handily clear your NASM Certified Personal Trainer Exam certification exam. You can trust the material and set aside an edge to zero in on those before you win eventually over the last NASM Certified Personal Trainer Exam (CPT) exam dates. To get it, find the source that assists you with getting the right test and spotlight on material agreeable for you for organizing the NASM Certified Personal Trainer Exam exam.

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