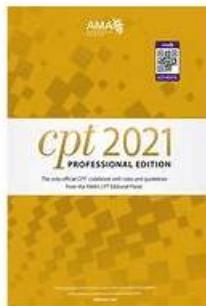


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NASM Certified Personal Trainer Exam Sample Questions (Q168-Q173):

NEW QUESTION # 168

Raising the arms out to the side away from the body describes what type of movement?

- A. Flexion
- B. **Abduction**
- C. Adduction
- D. Elevation

Answer: B

NEW QUESTION # 169

Which of the following is a compensation observed in the lumbo-pelvic-hip complex during the overhead squat assessment?

- A. Knees move inward
- B. **Low-back arches**
- C. Feet turn out
- D. Arms fall forward

Answer: B

Explanation:

In the overhead squat assessment (OHSA), one common compensation observed at the lumbo-pelvic-hip complex (LPHC) is excessive lumbar extension, also referred to as "low-back arches." The NASM CPT7 Study Guide lists this as an indication of overactivity in the hip flexor complex, latissimus dorsi, and erector spinae, and underactivity in the gluteus maximus, hamstrings, and core stabilizers.

Other options-knees moving inward (frontal plane), arms falling forward (upper body compensation), and feet turning out (foot/ankle compensation)-are observed in other kinetic chain checkpoints but not classified under LPHC compensations.

NEW QUESTION # 170

Which of the following is the most readily available form of fuel used by the tissues of the brain, nervous system, and muscles?

- A. Fat
- B. **Glucose**
- C. Fiber
- D. Protein

Answer: B

Explanation:

In NASM's Exercise Metabolism and Bioenergetics section, glucose is defined as "the simplest form of carbohydrate used by the body for energy." The Study Guide clearly states that carbohydrates are broken down into glucose, which is the most readily available form of fuel for the brain, nervous system, and muscles. Glucose can be rapidly metabolized through glycolysis to produce ATP, making it essential during both rest and high-intensity activities. Glycogen-its stored form-is limited, but glucose in the bloodstream is immediately accessible, especially to tissues that rely heavily on carbohydrate metabolism, such as the brain (which cannot use fat directly as fuel). The guide also notes that "the fuels used to create ATP are glucose from carbohydrates, free fatty acids from fat, amino acids from protein, and ketone bodies," but fat oxidation is slower and protein is typically reserved for structural and enzymatic roles. Fiber is a non-digestible carbohydrate and thus not a fuel source. Therefore, glucose is the correct answer as the "most readily available" substrate for immediate energy needs across the nervous and muscular systems, supporting rapid ATP regeneration during movement and cognitive tasks.

NEW QUESTION # 171

A trainer is working with a client who is planning to begin a weekly exercise plan within the next month. The trainer should identify that the client is in which of the following stages of change?

- A. Action
- **B. Preparation**
- C. Contemplation
- D. Maintenance

Answer: B

Explanation:

In the Stages of Change Model, NASM defines Preparation as: "The client intends to act in the near future, usually within the next month". This stage is characterized by having a clear plan and intent to begin behavior change soon, possibly with some minor steps already taken (e.g., buying workout clothes or scheduling sessions). In this scenario, the client is "planning to begin a weekly exercise plan within the next month," which exactly matches the preparation stage definition.

By contrast, Contemplation is thinking about starting in the next 6 months, Action is actively performing the new behavior (within the last 6 months), and Maintenance is sustaining the behavior for more than 6 months.

NEW QUESTION # 172

What is an appropriate assessment for testing muscular endurance?

- A. Zigzag test
- **B. Pushup test**
- C. 1RM bench press test
- D. 3-minute step test

Answer: B

NEW QUESTION # 173

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