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NASM CPT PRACTICE TEST Questions with Complete Solutions

Which of the following is the recommended rest interval when performing a circuit for phase 5 resistance training?

- a: 0 to 30 seconds
- b: 31 to 60 seconds
- c: 1-2 minutes
- d: 3-5 minutes **Answer- D: 3-5 minutes**

Which of the following is part of the marketing mix?

- a: prominence
- b: public
- c: place
- d: professionalism **Answer- C: place**

When a client practices self-myofascial release, which of the following physiological changes is the goal?

- a. An increase in joint receptor activity results in an inhibition of muscles around a joint.
- b. A decrease in neurotransmitter activity results in the contraction of a muscle.
- c. A decrease in muscle spindle activity results in the contraction of a muscle.
- d. An increase in Golgi tendon organ activity results in relaxation of a muscle. **Answer- d. An increase in Golgi tendon organ activity results in relaxation of a muscle.**

Which of the following is the correct repetition range and tempo for the Stabilization, Strength and Power Phases of the OPT model?

- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive
- b. 12-20/Moderate, 1-10/Explosive, 1-12/Slow
- c. 1-10/Slow, 12-20/Moderate, 1-12/Explosive
- d. 1-10/Moderate,12-20/Slow, 1-12/Explosive **Answer- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive**

After completing the Three-Minute Step Test, a 20-year-old male scored in zone 2. What is the correct heart rate range for when he does cardio training?

- a. 86% to 95% of HR max
- b. 76% to 85% of HR max
- c. 65% to 75% of HR max
- d. 55% to 60% of HR max **Answer- b. 76% to 85% of HR max**

Which of the following is the innermost layer of muscular connective tissue?

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NASM Certified Personal Trainer Exam Sample Questions (Q19-Q24):

NEW QUESTION # 19

Which of the following is an appropriate assessment for a senior client who has arthritis in her knees?

- A. Shark skill test
- B. Davies test
- C. Rockport walk test
- D. YMCA 3-minute step test

Answer: C

Explanation:

The Rockport walk test is an appropriate submaximal cardiovascular assessment for seniors and individuals with joint issues such as arthritis in the knees. It involves a one-mile walk at the fastest comfortable pace and is used to estimate cardiorespiratory fitness without requiring high-impact activity. The NASM CPT7 guidelines recommend low-impact, steady-state tests for populations with joint limitations to avoid aggravating symptoms. Tests like the YMCA 3-minute step test require repetitive stepping that can strain arthritic knees, the Davies test is a high-intensity agility/coordination drill involving upper body movement (not suited for seniors with lower body arthritis), and the Shark skill test is a dynamic balance/agility assessment with hopping—highly contraindicated for knee arthritis. The Rockport test is performed on a flat surface, minimizing joint stress while still providing valid aerobic fitness data.

NEW QUESTION # 20

Exercises which create sport-specific skill adaptations need to

- A. be performed on the weight machines
- B. incorporate isometric contractions
- C. be low intensity
- D. **duplicate the desired movement**

Answer: D

NEW QUESTION # 21

Which of the following is a benefit of aerobic exercise?

- A. Increases blood pressure
- B. Increases resting pulse rate
- C. **Decreases LDL cholesterol**
- D. Decreases HDL cholesterol

Answer: C

NEW QUESTION # 22

Which of the following is the optimum training intensity for improvements in hypertrophy?

- A. 50% to 70%
- B. 10% to 45%
- C. **75% to 85%**
- D. 85% to 100%

Answer: C

Explanation:

For hypertrophy (muscle growth), NASM's OPT model prescribes a training intensity of 75% to 85% of the one-repetition maximum (1RM), typically performed for 6-12 repetitions per set with moderate rest intervals (0-60 seconds). This intensity zone maximizes mechanical tension and metabolic stress—two primary drivers of muscle hypertrophy. Lower intensities (10-70%) focus more on endurance or adaptation phases, while higher intensities (85-100%) target maximal strength and power. The 75-85% range balances sufficient load to stimulate growth while allowing for enough volume to create an anabolic environment in the muscle tissue.

NEW QUESTION # 23

A client reports acute knee pain while performing squats. As the trainer, the appropriate course of action is to stop the exercise and

- A. Have the client perform static stretches.
- B. Ask the client if they can work through the pain.
- C. Incorporate corrective exercises until the issue is resolved.
- D. Refer the client to a medical professional.

Answer: D

NEW QUESTION # 24

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