

Free PDF NASM Marvelous CPT Valid Exam Pattern



FIFTH EDITION

Free Study Guide for the NASM CPT Exam

This guide has been created based on what NASM recommends you should know for their exam, but does not accurately represent what shows up on the actual exam. For study material focused on what shows up on the exam check out Fitness Mentors [Audio Lectures](#), [Study Guide](#) and [Practice Tests](#) for the NASM CPT Exam.

CHAPTER 1

National Academy of Sports Medicine Code of Professional Conduct

Professionalism:

Professionalism should be practiced during all client interactions. Use effective communication and ensure a safe environment. Maintain good hygiene and wear appropriate clothing. Always refer your clients to a doctor when unknown conditions arise.

Confidentiality

Secure client documents and respect the confidentiality of your client conversations.

Legal and Ethical

Obey all laws associated with your training location. Keep truthful records and take responsibility for their accuracy.

Business Practice

Keep adequate liability insurance and practice truth in appropriate advertising. maintain accurate financial and client records to pay all due taxes for **4 years**. Don't get sexually involved with your clients.

Scope of Practice

Do you need more help? Check out [Fitness Mentors Study Guide for the NASM CPT Exam](#) to isolate the topics that make it on the test. Go to www.fitnessmentors.com or call us at (424) 675-0476.

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Useful NASM - CPT - NASM Certified Personal Trainer Exam Valid Exam Pattern

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NASM Certified Personal Trainer Exam Sample Questions (Q82-Q87):

NEW QUESTION # 82

While coaching a client through a basic squat set, the trainer notices that the client's knees cave inward. What could this observation imply?

- A. The client has a damaged ACL
- B. The client has tight adductors
- C. The client has poor hip mobility
- D. The client has weak hip flexors

Answer: B

NEW QUESTION # 83

A trainer meets an individual who is exercising inconsistently and has taken steps toward a regular exercise program. The trainer should identify that this person is in which of the following Stages of Change?

- A. Preparation
- B. Action
- C. Contemplation
- D. Precontemplation

Answer: A

Explanation:

Someone exercising inconsistently but taking steps toward a regular exercise program is in the preparation stage of change. The CPT7 guide describes this stage as when an individual is planning to take action soon and may be making small behavioral changes, such as occasional workouts, but has not yet established a consistent pattern. Recognizing this stage allows the trainer to focus on strategies that reinforce the client's readiness and help them progress toward the action stage.

NEW QUESTION # 84

There are how many types of muscle tissue?

- A. One
- B. Two
- C. Three
- D. Four

Answer: C

NEW QUESTION # 85

On the flexibility continuum, corrective flexibility consists of which of the following?

- A. Dynamic
- B. Functional
- C. Static
- D. Active

Answer: C

Explanation:

On the Flexibility Continuum, NASM identifies three primary types of flexibility: Corrective, Active, and Functional. Corrective flexibility is described as involving "self-myofascial release and static stretching" to improve muscle imbalances and increase joint

range of motion. Static stretching involves taking a muscle to the point of tension and holding it for at least 20-30 seconds. This is especially beneficial in the Stabilization Level of the OPT model and for clients needing to address altered length-tension relationships. Dynamic flexibility is part of functional flexibility, while active flexibility uses active-isolated stretching, not static. Therefore, Static is the correct answer for corrective flexibility.

NEW QUESTION # 86

A trainer is observing a client perform a deadlift. Which of the following cues should the trainer provide?

- A. "Let your chest fall forward to round the spine."
- B. "Arch your back."
- C. "Start with your back rounded and arch as you lift."
- D. "Keep your spine neutral."

Answer: D

Explanation:

For a deadlift (a hip#hinge pattern), NASM emphasizes maintaining trunk stability via isometric contraction of the core to protect the spine. The CPT7 Study Guide states that "Stabilizers... contract isometrically to stabilize the trunk and joints as the body moves", naming key LPHC stabilizers such as the transversus abdominis, internal obliques, and multifidus(). Keeping a neutral spine allows these stabilizers to do their job while the hips and knees generate movement, rather than forcing the lumbar spine into excessive flexion or extension. The guide further explains the human movement system's need to "dampen (eccentrically), stabilize (isometrically), and then accelerate (concentrically)"- NASM's Integrated Performance Paradigm(). In a deadlift, you eccentrically load through the hips, maintain isometric trunk stability (neutral spine), and then concentrically extend the hips and knees to stand tall. Cues like "arch your back" or "round your spine" push the lumbar segments away from neutral, compromising the length#tension relationship of spinal tissues and shifting load to passive structures instead of the intended prime movers. By contrast, "Keep your spine neutral" aligns directly with NASM's coaching focus on proper stabilization and joint alignment: synergists assist appropriately, stabilizers hold the trunk, and agonists at the hips extend - all while the spine remains braced and neutral for optimal safety and performance (;).

NEW QUESTION # 87

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