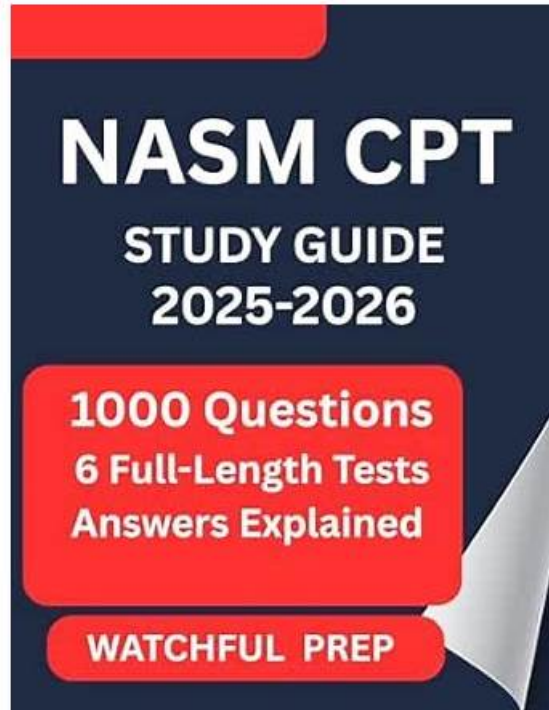


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## NASM Certified Personal Trainer Exam Sample Questions (Q128-Q133):

### NEW QUESTION # 128

Which of the following is the contractile component of muscle tissue where actin and myosin are repaired for muscle growth?

- A. Epimysium
- B. Mitochondria
- C. Myofibril
- D. Sarcolemma

**Answer: C**

### NEW QUESTION # 129

Functional units of skeletal muscle that occur in repeating segments along the myofibril are called

- A. Sarcomeres
- B. Myocytes
- C. Filaments
- D. Motor units

**Answer: A**

### NEW QUESTION # 130

The Overload Training Principle is also referred to as the

- A. Progressive Adaptation Principle
- B. Specific Adaptation Principle
- C. Ceiling Effect Principle
- D. Intensity Progression Principle

**Answer: A**

### NEW QUESTION # 131

A trainer is developing an exercise program for a new client who states that she has had trouble sticking to a workout routine in the past. Which of the following actions should the trainer take to promote adherence?

- A. Educate the client about time management.
- B. Ask the client closed-ended questions.
- C. Educate the client about the OPT model.
- D. Ask the client open-ended questions.

**Answer: D**

Explanation:

NASM's behavioral coaching guidelines emphasize using open-ended questions to build rapport, gather detailed client information, and promote self-reflection-especially for clients with a history of inconsistent exercise adherence. Open-ended questions cannot be answered with a simple "yes" or "no"; instead, they invite the client to elaborate on challenges, preferences, motivations, and barriers. Examples include: "What challenges have you faced in maintaining a workout routine?" or "How might you fit exercise into your current schedule?" This approach supports motivational interviewing, a coaching style NASM endorses for improving intrinsic motivation and self-efficacy. Closed-ended questions limit dialogue, and while educating about time management or the OPT model is valuable, it doesn't first address the psychological and behavioral aspects that influence adherence. By starting with open-ended questions, the trainer can tailor solutions that resonate with the client's personal circumstances and goals.

### NEW QUESTION # 132

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 # 133

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