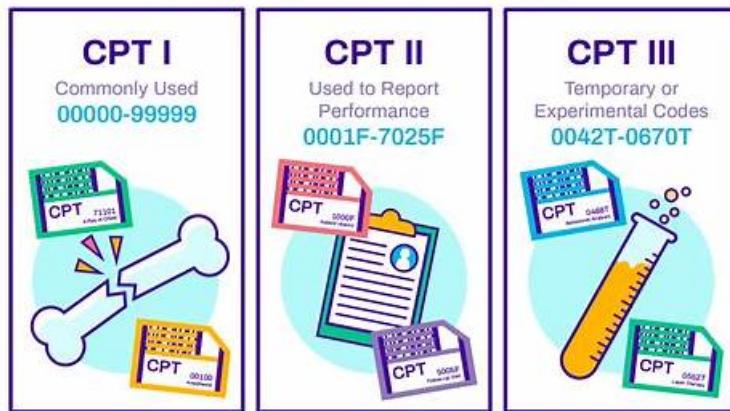


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## NASM Certified Personal Trainer Exam Sample Questions (Q56-Q61):

### NEW QUESTION # 56

Which of the following is one of the four P's of a marketing plan?

- A. Profession
- B. Product
- C. Performance
- D. Payroll

**Answer: B**

Explanation:

The Four P's of marketing-Product, Price, Promotion, and Place-are a foundational business concept emphasized in the NASM CPT7 Study Guide. NASM states: "The Four Ps of marketing include product, price, promotion, and place". In a personal training context, the "product" refers to the actual service or program offered-such as private sessions, group training, or online coaching-and the value it brings to the client. It's the core of the marketing message because it defines what you're selling. The other Ps address cost (price), awareness (promotion), and delivery method/location (place). The options profession, performance, and payroll are not part of this established framework. Thus, "Product" is the correct choice.

#### NEW QUESTION # 57

A trainer is designing an exercise program for a client whose main goal is weight loss. Which of the following resistance training systems is most appropriate for this client?

- A. Vertical loading
- B. Horizontal loading
- C. Pyramid
- D. Drop-sets

**Answer: A**

Explanation:

For clients focused on weight loss, NASM emphasizes maximizing caloric expenditure within each session.

The vertical loading resistance training system organizes exercises by alternating between different body parts in succession (e.g., upper body push, lower body pull, core, etc.), cycling through them before repeating. This minimizes rest periods for any one muscle group while maintaining continuous movement, which elevates heart rate and increases total session energy expenditure. The CPT7 guide contrasts this with horizontal loading, where one exercise is completed for all sets before moving to the next, which generally involves longer rest and lower overall caloric burn.

#### NEW QUESTION # 58

There are how many types of muscle tissue?

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

**Answer: C**

#### NEW QUESTION # 59

Muscle spindles act to

- A. Send messages to and from the end plates of motor neurons.
- B. Prevent the joint's ligaments from going beyond its range of motion.
- C. Measure the need for correction and regeneration required for movement.
- D. Cause a contractile response in the muscle just short of over-stretched tissue tearing.

**Answer: D**

#### NEW QUESTION # 60

Exercises which create sport-specific skill adaptations need to

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

**Answer: C**

#### NEW QUESTION # 61

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