

CPT Exam Voucher - New CPT Test Camp

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 (Q49-Q54):

NEW QUESTION # 49

Which of the following terms refers to the process of muscles moving together to produce movement around a joint?

- A. Length-tension relationship
- B. Synergistic dominance
- C. Force-velocity curve
- **D. Force-couple relationship**

Answer: D

Explanation:

The NASM CPT7 Study Guide defines a force-couple relationship as the coordinated action of multiple muscles working together to produce movement around a joint. This occurs when muscles pull in different directions to produce the same rotary motion. For example, during an upward rotation of the scapula, the upper trapezius, lower trapezius, and serratus anterior work together in a force couple. This coordination is essential for efficient movement patterns and injury prevention.

NEW QUESTION # 50

A trainer is holding a consultation with a new client who is in the preparation stage of change. Which of the following actions should the trainer take first?

- A. Design a new workout program using the OPT model.
- B. Perform the shark skill test.
- **C. Discuss realistic expectations with her.**
- D. Lead her through a challenging workout.

Answer: C

Explanation:

In the preparation stage of the Transtheoretical Model, the client is getting ready to start regular activity but has not yet established a consistent routine. The NASM CPT7 Study Guide emphasizes that the trainer's initial focus should be on building rapport, setting realistic expectations, and helping the client develop a clear plan rather than jumping into testing or advanced program design. This discussion fosters motivation, commitment, and clarity, ensuring the client transitions smoothly into regular training with sustainable habits.

NEW QUESTION # 51

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

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

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 # 52

Which of the following statements best describes a characteristic of zone two of stage training?

- A. "This zone is a recovery zone."
- B. "This zone is a true high-intensity workout and cannot be sustained for long periods of time."
- C. "The heart rate consists of 86 to 90 percent of the predicted maximum heart rate."
- **D. "This zone requires individuals to train near their anaerobic threshold."**

Answer: D

NEW QUESTION # 53

A client's head protrudes forward during a pulling assessment. Which of the following muscles may be underactive?

- A. Upper trapezius
- B. Levator scapulae
- C. Sternocleidomastoid
- **D. Deep cervical flexors**

Answer: D

Explanation:

In a pulling assessment, if a client's head protrudes forward, NASM identifies the deep cervical flexors as commonly underactive. This forward head posture often results from overactivity in muscles such as the upper trapezius, sternocleidomastoid, and levator scapulae, combined with underactivity in stabilizing muscles like the deep cervical flexors. Corrective strategies include activation exercises for the deep cervical flexors and stretching/inhibiting the overactive neck and shoulder muscles.

NEW QUESTION # 54

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Beyond knowing the answer, and actually understanding the CPT test questions puts you one step ahead of the test. Completely understanding a concept and reasoning behind how something works, makes your task second nature. Your CPT test questions will melt in your hands if you know the logic behind the concepts. Any legitimate CPT Test Questions should enforce this style of learning - but you will be hard pressed to find more than a CPT test questions anywhere other than Lead2PassExam

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