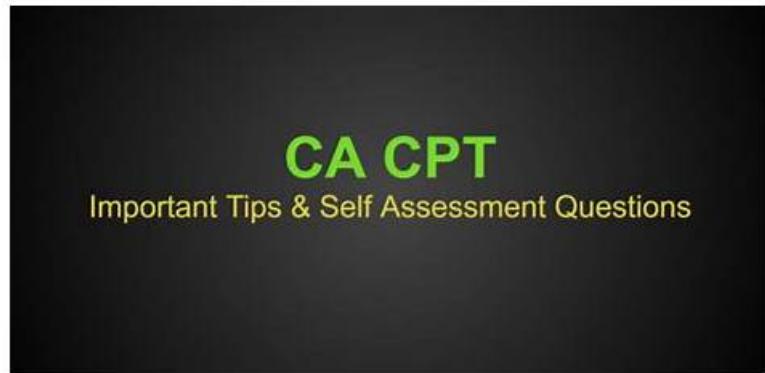


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NASM Certified Personal Trainer Exam Sample Questions (Q220-Q225):

NEW QUESTION # 220

At the point of dangerous muscle overload, contraction is shut down by the

- A. Myosin filaments
- **B. Golgi tendon**
- C. Endomysium tissue
- D. Actin filaments

Answer: B

NEW QUESTION # 221

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

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

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 # 222

The typical adult skeleton is composed of how many bones?

- A. 0
- B. 1
- C. 2
- D. 3

Answer: A

NEW QUESTION # 223

The MOST valuable evaluation tool to a personal trainer for a weight loss client is

- A. Strength test
- B. **Body composition test**
- C. Cardiovascular test
- D. Muscular test

Answer: B

NEW QUESTION # 224

During the lunge assessment, the trainer notices that the client has a tendency to lean forward. What does this MOST likely indicate?

- A. Tight adductors and/or abductors
- B. Imbalanced foot and/or ankle muscles
- C. Poor hip stability and mobility
- D. **Weak core and/or gluteus maximus**

Answer: D

NEW QUESTION # 225

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