

CPT Valid Exam Vce Free, CPT Official Cert Guide

HISTORY								
Type of history	History of present illness (HPI)	Review of systems (ROS)	Past, family, and/or social history (PFSH)	CPT code initial hospital care	CPT code hospital consult	Initial observation care	Observe/discharge same date	Emergency department (ED) visit
Detailed	Extended (4)	Extended (2-9)	Pertinent (1)	99221	99253	99218	99234	99284
Comprehensive	Extended (4)	Complete (10)	Complete (2-3)	99222/99223	99254/99255	99219/99220	99235/99236	99285

EXAMINATION							
Type of examination	Body areas/ organ systems	CPT code initial hospital care	CPT code hospital consult	Initial observation care	Observe/discharge same date	ED visit	
Detailed	An extended examination of the affected body area(s) or organ system(s) and any other symptomatic or related body area(s) or organ system(s) Twelve elements from at least two body areas/organ systems	99221	99253	99218	99234	99284	
Comprehensive (8 of 12)	A general multisystem examination, or complete examination of a single organ system and other symptomatic or related body area(s) or organ system(s) At least two elements each from nine body areas/organ systems	99222/99223	99254/99255	99219/99220	99235/99236	99285	

MEDICAL DECISION MAKING								
Type of decision making	Number of diagnosis or management options	Amount and/or complexity of data to be reviewed	Risk of complications and/or morbidity or mortality	CPT code initial hospital care	CPT code hospital consult	Initial observation care	Observe/discharge same date	ED visit
Low complexity	Limited	Limited	Low	99221	99253	99218	99234	99282
Moderate complexity	Multiple	Moderate	Moderate	99222	99254	99219	99235	99283/99284
High complexity	Extensive	Extensive	High	99223	99255	99220	99236	99285

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NASM Certified Personal Trainer Exam Sample Questions (Q204-Q209):

NEW QUESTION # 204

Which of the following are benefits of a proper cool down?

- A. Decreases blood flow and enhances contraction
- **B. Gradual recovery and reduces muscle soreness**
- C. Increases heart rate and reduces stretch reflex
- D. Complete muscle recovery and repair

Answer: B

NEW QUESTION # 205

Which of the following is a result of an intense aerobic conditioning program?

- A. Reduced bone density
- B. Increased myofibril hypertrophy
- C. Reduced contractile protein synthesis
- D. Building new mitochondria

Answer: A

NEW QUESTION # 206

Stabilization-level reactive exercises are designed to improve which of the following?

- A. Rate of force production
- B. The amortization phase
- C. Neuromuscular efficiency
- D. Prime mover strength

Answer: C

Explanation:

Stabilization-level reactive (plyometric) exercises in the OPT model are designed to improve neuromuscular efficiency, which NASM defines as the ability of the nervous system to coordinate muscles to produce force, reduce force, and stabilize in all planes of motion.

These exercises (e.g., squat jump with stabilization, box jump-down with stabilization) focus on proper landing mechanics, balance, and posture, rather than maximum power output.

While rate of force production (Option C) and amortization phase improvements occur in higher training phases, Phase 1 reactive training is about enhancing control and coordination. Prime mover strength (Option A) is not the primary goal here. Therefore, the correct answer is neuromuscular efficiency.

NEW QUESTION # 207

A client is doing single-leg scapions and is raising the dumbbells at an improper angle. How should the trainer cue the client?

- A. Lift the dumbbells at a 45 degree angle.
- B. Lift the dumbbells at a 25 degree angle.
- C. Lift the dumbbells straight out to the sides.
- D. Lift the dumbbells in front of the shoulders.

Answer: A

Explanation:

A scaption is a shoulder exercise where the arms are raised in the scapular plane, which is approximately 45 degrees between the frontal and sagittal planes. The NASM CPT7 Study Guide explains that this position aligns the glenohumeral joint and reduces impingement risk.

Lifting directly in front of the shoulders (Option B) is a front raise, and lifting directly out to the sides (Option D) is a lateral raise. A 25-degree angle (Option C) is too narrow to be in the optimal scapular plane.

Therefore, the proper cue for a single-leg scaption is to lift at a 45-degree angle.

NEW QUESTION # 208

Which of the following is an example of an objective assessment?

- A. Overhead squat assessment
- B. General health history questionnaire
- C. Medical history questionnaire

- D. Lifestyle questionnaire

Answer: A

Explanation:

An objective assessment involves measurable, observable data collected through tests or direct observation.

The NASM CPT7 Study Guide lists the overhead squat assessment (OHSA) as part of the movement assessments category under objective data collection.

Medical history questionnaires, lifestyle questionnaires, and general health history questionnaires are subjective assessments, relying on client self-reports. The OHSA objectively identifies movement compensations, joint alignment issues, and muscle imbalances, making it a direct and measurable fitness assessment.

NEW QUESTION # 209

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