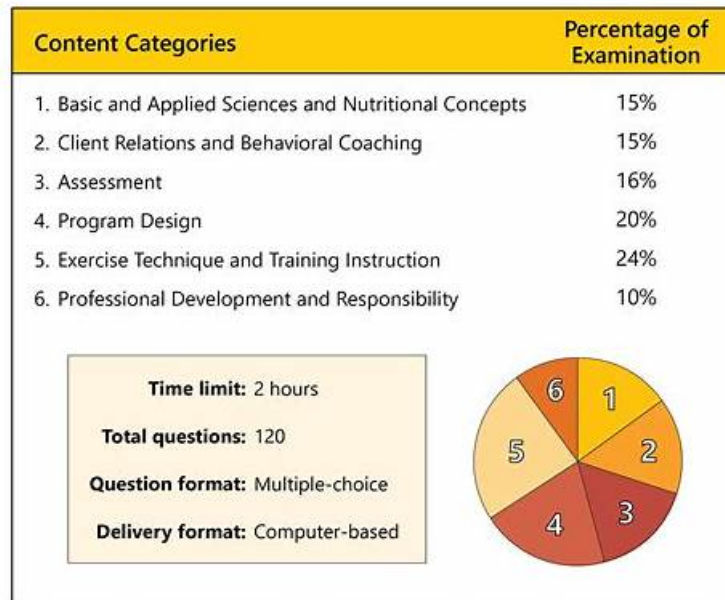


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NASM Certified Personal Trainer Exam Sample Questions (Q153-Q158):

NEW QUESTION # 153

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

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

Answer: A

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 # 154

A client is able to correctly perform a single leg dumbbell overhead press. Which of the following is the appropriate stabilization progression for performing this exercise?

- A. Standing in a staggered stance on a stable surface
- B. Standing with an increased dumbbell weight
- C. Standing with two feet on a BOSU ball
- D. Standing on one foot on a BOSU ball

Answer: D

Explanation:

The NASM OPT model recommends increasing instability to progress stabilization demands, moving from stable # less stable # unstable environments. For a single leg dumbbell overhead press, the next stabilization progression is to maintain the single-leg position but place it on a BOSU ball, which significantly increases balance and proprioceptive challenges.

Increasing dumbbell weight (Option A) changes load, not stability. Standing in a staggered stance (Option B) reduces stability challenge compared to single leg. Standing with two feet on a BOSU ball (Option C) is unstable but less challenging than single leg on BOSU. Therefore, single leg on BOSU is the correct progression.

NEW QUESTION # 155

In which of the following situations should a trainer refer a client to a medical practitioner?

- A. When the trainer becomes aware of an undiagnosed allergy.
- B. When the trainer becomes aware of undiagnosed osteoporosis.
- C. When the trainer becomes aware of diagnosed hypertension.
- D. When the trainer becomes aware of diagnosed diabetes.

Answer: B

Explanation:

NASM's scope-of-practice guidelines clearly state that personal trainers must refer clients to qualified medical professionals when they suspect or become aware of any undiagnosed condition that could impact health and exercise safety. Undiagnosed osteoporosis poses significant risks for fractures and requires a physician's evaluation before beginning or continuing a program. Conversely, diagnosed conditions (like diabetes or hypertension) can be trained for within guidelines, provided the trainer follows physician recommendations.

NEW QUESTION # 156

A trainer is working with a client who has upper crossed syndrome. Which of the following muscles should the trainer recommend that the client stretch?

- A. Serratus anterior
- B. Levator scapulae
- C. Lower trapezius
- D. Teres minor

Answer: B

Explanation:

Upper crossed syndrome is a common postural distortion pattern characterized by forward head posture, rounded shoulders, and thoracic kyphosis. NASM identifies overactive muscles in this condition as the upper trapezius, levator scapulae, sternocleidomastoid, pectoralis major/minor, and suboccipitals. Underactive muscles include the deep cervical flexors, serratus anterior, lower trapezius, and rhomboids. Corrective exercise strategies involve inhibiting (SMR) and lengthening the overactive muscles-thus the levator scapulae is a primary stretch target. Stretching it helps restore cervical and scapular alignment, improve movement mechanics, and reduce compensations. The other listed muscles-serratus anterior, lower trapezius, and teres minor-are underactive and require strengthening, not stretching.

NEW QUESTION # 157

Which of the following contractions decelerates the muscle while allowing the muscle to return to the starting point of the exercise?

- A. Eccentric
- B. Isotonic
- C. Concentric
- D. Isometric

Answer: A

NEW QUESTION # 158

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