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## NASM Certified Personal Trainer (CPT)

### Final Exam Questions and Answers

(Verified by Expert)

1. After leaving the left ventricle, blood enters which of the following structures?

Select one

- a. Superior vena cava
- b. Aorta
- c. Inferior vena cava
- d. Pulmonary artery

**ANS** Aorta

2. Which of the following joints is between the metacarpals and phalanges?

Select one

- a. Condylloid
- b. Pivot

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## NASM Certified Personal Trainer Exam Sample Questions (Q90-Q95):

### NEW QUESTION # 90

A client has an overactive lateral gastrocnemius. Which of the following types of flexibility training is appropriate for this client?

- A. Dynamic
- B. Active
- C. Static
- D. Plyometric

**Answer: C**

Explanation:

For an overactive lateral gastrocnemius, the CPT7 guide recommends static stretching to lengthen the muscle and reduce tension via autogenic inhibition. Static flexibility involves holding a stretch for ~30 seconds, allowing the Golgi tendon organs to signal relaxation. This is part of the corrective flexibility approach in NASM's flexibility continuum, used to address overactivity before dynamic or performance-focused stretching. Active or dynamic stretching is better suited for warming up underactive muscles, while plyometric work is not appropriate for addressing overactivity.

### NEW QUESTION # 91

Which of the following is included in lipids?

- A. Glycine
- B. Polysaccharides
- C. Amino acids
- D. Triglycerides

**Answer: D**

Explanation:

Lipids-commonly referred to as fats-include triglycerides, phospholipids, and sterols. The NASM Study Guide specifies: "Lipids are commonly referred to as fats and include triglycerides, phospholipids, and sterols." Triglycerides are the primary form of fat stored in the body and a major energy reserve, especially for prolonged, lower-intensity activity. Each triglyceride molecule consists of glycerol bound to three fatty acids. In contrast, glycine and amino acids are protein components, and polysaccharides are complex carbohydrates (e.g., starches). Lipids are energy dense (9 kcal/gram) and serve not only as a long-term energy source but also play roles in cell membrane integrity, hormone production, and nutrient absorption. Including triglycerides in the definition of lipids aligns directly with NASM's nutritional science section.

### NEW QUESTION # 92

Which of the following macronutrients is the primary source of energy for muscular exertion?

- A. Water
- B. Fat
- C. Carbohydrates
- D. Protein

**Answer: C**

Explanation:

NASM emphasizes that carbohydrates are the body's primary and preferred source of energy for muscular exertion, especially during high-intensity exercise. The Study Guide notes: "Carbohydrates in the diet are broken down into glucose, which can produce ATP quickly via the process of glycolysis." This rapid energy production is critical for resistance training, sprinting, and other activities requiring quick bursts of effort.

While fats are a major fuel during lower-intensity, longer-duration exercise, and protein can be used during prolonged energy deficits, neither is as readily available or efficient as carbohydrates for muscular work.

Water is not a macronutrient providing energy-it's essential for hydration and metabolic processes but doesn't yield calories. Because muscular exertion often demands immediate ATP, carbohydrates, via stored glycogen and blood glucose, are the key macronutrient fueling these activities.

#### NEW QUESTION # 93

Which type of muscle can be voluntarily contracted?

- A. Cardiac
- B. Non-striated
- C. **Skeletal**
- D. Smooth

**Answer: C**

#### NEW QUESTION # 94

In the Maintenance Conditioning Phase of cardiorespiratory conditioning, clients can effectively train at what percentage of maximum heart rate?

- A. **75-85%**
- B. 45-55%
- C. 60-70%
- D. 90-100%

**Answer: A**

#### NEW QUESTION # 95

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