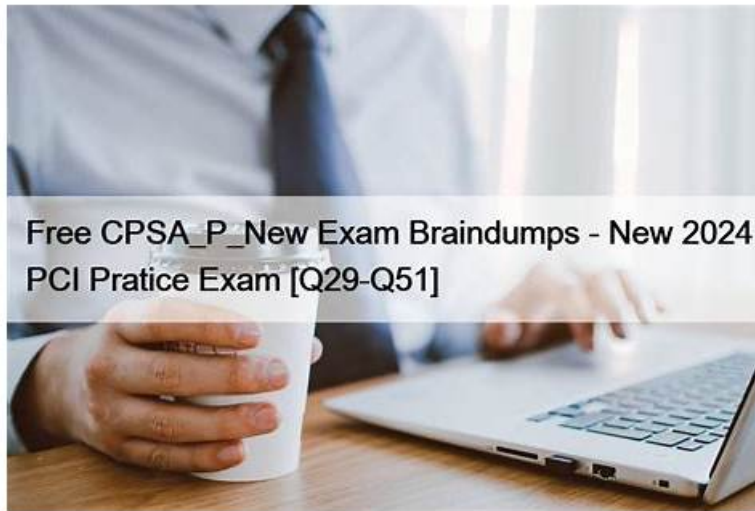


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NASM Certified Personal Trainer Exam Sample Questions (Q84-Q89):

NEW QUESTION # 84

Overstretching a muscle can cause a stretch reflex that results in greater force production. Which proprioceptor is responsible for preventing a muscle from overstretching?

- A. Motor End Plate
- B. Golgi Tendon Organ
- C. Muscle Spindle
- D. Fusiform Muscle

Answer: C

NEW QUESTION # 85

How do poor sleeping habits reduce exercise recovery effectiveness?

- A. Production of insulin is increased
- B. Cortisol cannot be produced during waking hours
- C. Toxic protein build-up in cerebrospinal fluid can't be broken down
- D. Growth hormone release is increased

Answer: C

NEW QUESTION # 86

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

Answer: A

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 # 87

Which of the following is an appropriate speed, agility, quickness drill for a senior client?

- A. Mirror drill
- B. Box drill
- C. Red light, green light
- D. Hurdle stepovers

Answer: C

Explanation:

NASM recommends that speed, agility, and quickness (SAQ) training for seniors be safe, low-impact, and fun while still promoting movement efficiency, coordination, and reaction time. The "Red light, green light" drill fits this profile because it uses controlled start-and-stop movements that can be adjusted for speed and range of motion based on ability.

Hurdle stepovers, box drills, and mirror drills involve greater joint stress, faster direction changes, and higher impact, which may not be ideal for all senior clients unless they have advanced fitness levels. Thus, Red light, green light is the most appropriate SAQ drill for this population.

NEW QUESTION # 88

An example of transverse plane motion is a

- A. Bench press
- B. Lunge
- C. Squat
- D. Pull down

Answer: A

NEW QUESTION # 89

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