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CPT PRACTICE EXAM QUESTIONS & ANSWERS 2023/2024

What is the recommended daily intake for carbohydrates? - ANSWER-6-10, 6, 10

When an exercise is high intensity and lasts about 10 seconds, which of the following energy pathways is predominantly in use? - ANSWER-ATP-PC

What measurement needs to be taken prior to the start of the Rockport walk test? - ANSWER-WEIGHT

While performing the overhead squat assessment, the personal trainer observes a client demonstrating a low back arch movement dysfunction. Which of the following muscles is probably overactive? - ANSWER-LATS

During the descent of a single-leg squat, a client's knee moves inward. Which of the following muscles should the trainer recognize as requiring static stretching? - ANSWER-VASTUS LATERALIS

Which of the following tests estimates an individual's cardiorespiratory fitness level on the basis of a submaximal bout of stair climbing at a set pace for a standard time limit? - ANSWER-YMCA, YMCA 3 MINUTE STEP TEST

Which of the following is a performance assessment test used to measure upper-extremity agility and stabilization? - ANSWER-DAVIES, DAVIES TEST

Which method, also known as the Karvonen method, is used for establishing training intensity based on the difference between a client's predicted maximal heart rate and his or her resting heart rate? - ANSWER-HRR

Low-volume training with high intensity increases which of the following? - ANSWER-RATE OF FORCE (PRODUCTION)

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NASM Certified Personal Trainer Exam Sample Questions (Q225-Q230):

NEW QUESTION # 225

A 60-year-old female with a Cardiovascular Risk Profile assessment of 33 is 80 pounds overweight, but she is highly motivated to start an exercise program. The trainer should advise her to:

- A. Seek a qualified yoga instructor
- B. Implement a low carbohydrate diet
- C. Start a walking program
- **D. Consult her physician**

Answer: D

NEW QUESTION # 226

Exercises which create sport-specific skill adaptations need to

- A. be low intensity
- **B. duplicate the desired movement**
- C. be performed on the weight machines
- D. incorporate isometric contractions

Answer: B

NEW QUESTION # 227

Which of the following is the MOST appropriate recommendation for a resistance training program for fat loss and endurance?

- A. 3 day split routine
- B. 4 day split full cardio routine
- C. 2 day split routine
- **D. 3 day split total body circuit routine**

Answer: D

NEW QUESTION # 228

Which of the following is the primary hormone secreted during times of stress?

- A. Testosterone
- **B. Cortisol**
- C. Estrogen
- D. Progesterone

Answer: B

NEW QUESTION # 229

Cardiorespiratory fitness refers to the

- A. Improvement in heart rate that the body is capable of as it increases exercise duration with each session of endurance activity.
- B. Level of cardiac functions that are required to sustain blood pressure and blood flow through the arterial components during exercise bouts.
- C. Benefits of endurance activities that require the heart to work at maximal capacity in an effort to strengthen cardiac muscle.
- **D. Outcomes of regular exercise relating to the ability to supply oxygen to skeletal muscle during sustained physical activity.**

Answer: D

NEW QUESTION # 230

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