

# Topic: Real NASM CPT Exam Practice Questions

## NASM CPT practice test 2023

Davis's law states which of the following?

Select one:

- a. A chronically shortened muscle will demonstrate poor neuromuscular efficiency.
- b. Soft tissue models along the lines of stress.
- c. A tight agonist muscle will decrease neural drive to its functional antagonist.
- d. The body will seek the path of least resistance during functional movement patterns. - ✓✓b. Soft tissue models along the lines of stress

Which of the following muscles is underactive if a client demonstrates an anterior pelvic tilt?

Select one:

- a. Erector spinae
- b. Psoas
- c. Latissimus dorsi
- d. Gluteus maximus - ✓✓d. Gluteus maximus

When assessing an overhead squat, an indication of relative flexibility due to tightness in the lateral gastrocnemius is:

Select one:

- a. the knees moving inward.
- b. external rotation of the feet.
- c. excessive forward lean.
- d. low back arches. - ✓✓b. external rotation of the feet.

When talking to a client, conversational techniques that express the purported meaning of what was just heard are referred to as:

Select one:

- a. reflections.

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## NASM Certified Personal Trainer Exam Sample Questions (Q115-Q120):

### NEW QUESTION # 115

Which of the following subjective information should a trainer collect during a fitness assessment for an older adult client?

- A. Body fat percentage
- B. Body mass index
- C. Postural alignment
- D. Chronic medical conditions

**Answer: D**

Explanation:

When conducting a fitness assessment-especially for older adults-NASM stresses the importance of gathering subjective information regarding the client's medical history, chronic conditions, medications, and lifestyle factors. The NASM CPT7 Study Guide notes that subjective information "is gathered from the client, including health, medical, and lifestyle history" and is critical for risk stratification and tailoring safe exercise programs.

For older adults, this becomes even more important because the prevalence of conditions like cardiovascular disease, type 2 diabetes, arthritis, and osteoporosis increases with age. Knowing these details allows the CPT to adjust exercise intensity, movement selection, and monitoring protocols.

While body fat percentage, BMI, and postural alignment are valuable metrics, they are forms of objective information obtained through testing and observation-not subjective. Subjective health history is the first step in NASM's assessment process, ensuring safety and compliance with medical clearance when needed.

Therefore, for an older adult, identifying chronic medical conditions during the subjective intake is essential before moving to any performance or body composition assessments.

### NEW QUESTION # 116

Which of the following best describes the end-range position of the knees during the cable lift?

- A. Abduction
- B. Flexion
- C. Adduction
- D. Extension

**Answer: D**

Explanation:

In a cable lift (a low-to-high diagonal pattern), the lower body drives the movement by extending through the ankles, knees, and hips to transmit force upward. At the end of this drive, the knees are in an extended position-making extension the correct end-range description. This aligns with NASM's movement science framework for sagittal plane joint actions at the knee.

From the NASM CPT7 Study Guide's movement section: "Movement is described in three dimensions that are based on planes, which include the sagittal, frontal, and transverse planes." Within the sagittal plane,

"Movements in the sagittal plane include flexion and extension and plantar flexion and dorsiflexion of the foot and ankle." During a ground-driven lift pattern, the body uses a closed-chain strategy: "Closed-chain movements anchor the body to the ground or immovable object," which is typical when initiating powerful upward motions from the legs. NASM also describes how efficient force production unfolds: the "integrated performance paradigm" indicates that to move efficiently, "forces must be dampened (eccentrically), stabilized (isometrically), and then accelerated (concentrically)." In the cable lift, the knee flexes slightly to load (eccentric/stabilize) and then extends concentrically to accelerate the load upward.

Because the knee's sagittal plane action that completes the propulsion phase is extension, the end-range position of the knees-after the drive is completed-is extension. Therefore, among the options provided, B.

Extension precisely matches NASM's definitions and movement sequencing.

### NEW QUESTION # 117

A trainer notices that a client's arms fall forward during an overhead squat assessment. Which of the following muscles may be underactive?

- A. Lower trapezius
- B. Erector spinae
- C. Pectoralis minor

- D. Latissimus dorsi

**Answer: A**

Explanation:

When a client's arms fall forward during the Overhead Squat Assessment, NASM identifies this as an indication of overactive/shortened muscles (e.g., latissimus dorsi, pectoralis major/minor, teres major) and underactive/lengthened muscles such as the lower trapezius, middle trapezius, rhomboids, and rotator cuff.

The lower trapezius plays a critical role in scapular depression and upward rotation, helping keep the arms aligned overhead.

Weakness in this muscle allows the scapulae to tip forward, contributing to the observed compensation. Strengthening the lower trapezius improves shoulder stability and posture during overhead movements. This is supported in NASM's corrective exercise strategies for the shoulder complex in the movement assessments section.

#### NEW QUESTION # 118

When a client performs a rotation chest pass, what is the proper position for the pivoting back leg?

- A. Dorsiflexion
- B. Hyperextension
- C. Triple flexion
- D. Triple extension

**Answer: D**

Explanation:

A rotation chest pass in a power training context uses a pivot of the back leg to generate rotational force.

Proper mechanics require triple extension-simultaneous extension at the hip, knee, and ankle-to produce maximum power from the lower body through the kinetic chain. This extension helps transfer force from the ground through the core to the upper body and into the throw. NASM emphasizes that triple extension is critical in movements involving force generation like sprints, jumps, and rotational throws. Triple flexion is the opposite movement (hip, knee, ankle flexion) and occurs during load absorption phases.

#### NEW QUESTION # 119

Which of the following methods is BEST for lean muscle maintenance and loss of body fat?

- A. Aerobic training
- B. 2-day split routine
- C. H.I.I.T.
- D. Circuit training

**Answer: D**

#### NEW QUESTION # 120

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