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CPT Exam

Which of the following test(s) are required to be performed by law on all newborns in the United States? - answerPKU

Why must a phlebotomist discard the first sample drawn from a heparin or saline lock? - answerPotential dilution of the specimen

A first-time blood donor wants to know how much blood will be taken during the procedure. The phlebotomist states that the average volume of a "unit" of blood is: - answer450ml

The donation of blood by a patient for his or her own use at a later time is known as: - answerAutologous donation

The phlebotomist has just completed the collection of a specimen for cold agglutinins. What special collection and/or transport measures must be taken by the phlebotomist after collection of this sample? - answerThe specimen must be collected in a prewarmed tube

Which of the following sample collections does not require transportation of the sample to the laboratory in a chilled environment? - answerVitamin A

The phlebotomist has just collected a specimen that needs to be protected from light during transportation to the laboratory. Which of the following specimens did the phlebotomist collect? - answerBeta-carotene

Which of the following samples is not collected for use as evidence in a legal proceeding? - answerPKU testing

The phlebotomist is called to the ER to pick up forensic specimens for a sexual assault. The most important concept the phlebotomist must adhere to in handling forensic specimens in proper: - answerChain of custody

Which of the following criteria is evaluated to determine if a peripheral blood smear is of adequate quality? - answerThe slide has a feathered edge, the slide has no holes, the slide has no streaks (all of the above)

Hemolysis is defined as: - answerDestruction of red blood cells

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NASM Certified Personal Trainer Exam Sample Questions (Q149-Q154):

NEW QUESTION # 149

Which of the following resistance training techniques should a trainer recommend for a 58-year-old client who prefers variations and has limited time for his workout?

- A. Horizontal loading system
- B. Multiple-set system
- C. Peripheral heart action system
- D. Superset system

Answer: C

Explanation:

The Peripheral Heart Action (PHA) system alternates upper- and lower-body exercises to keep the blood circulating between the extremities, which also maintains an elevated heart rate. NASM notes that this method is ideal for clients with limited time who want variety, as it combines resistance and cardiovascular benefits.

The horizontal loading system trains all sets of one exercise before moving to the next, which is less time-efficient. The multiple-set system increases volume but doesn't necessarily save time. The superset system alternates two exercises with little rest, but doesn't inherently alternate upper and lower body. Thus, the PHA system is the most suitable for a time-limited client seeking variety.

NEW QUESTION # 150

Which of the following is the greatest contributor to an increased cardiovascular risk profile?

- A. High caffeine intake
- B. Being underweight
- C. Skipping meals
- D. Being sedentary

Answer: D

NEW QUESTION # 151

A trainer is spotting a client who is performing a dumbbell chest press. Which of the following techniques should the trainer use?

- A. Provide spotting assistance at the client's elbows.
- B. Provide most of the effort for the client to successfully complete the lift.
- C. Refrain from spotting until the client has passed the "sticking point."
- D. Determine how many repetitions the client will perform before the start of the set.

Answer: D

Explanation:

Proper spotting involves clear communication before the lift to ensure both the client and trainer understand the expectations. The NASM CPT7 Study Guide advises that the trainer and client should agree on the number of reps and the level of assistance before starting any exercise.

For a dumbbell chest press, spotters should assist at the wrists, not the elbows, to better control the weights' path if the client struggles. Providing most of the effort for the client (Option B) removes the training benefit and could be unsafe. Spotting at the elbows (Option C) offers poor control, and refraining from spotting until after the sticking point (Option D) can allow the client to get trapped in a dangerous position. Therefore, the first step is confirming reps and spotting plan before lifting.

NEW QUESTION # 152

Which of the following would achieve similar results compared to Olympic weightlifting for the sport-specific client?

- A. Compensatory acceleration
- B. Circuit training
- C. Neuromuscular facilitation
- D. Antagonistic training

Answer: A

NEW QUESTION # 153

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

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

Answer: B

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 # 154

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