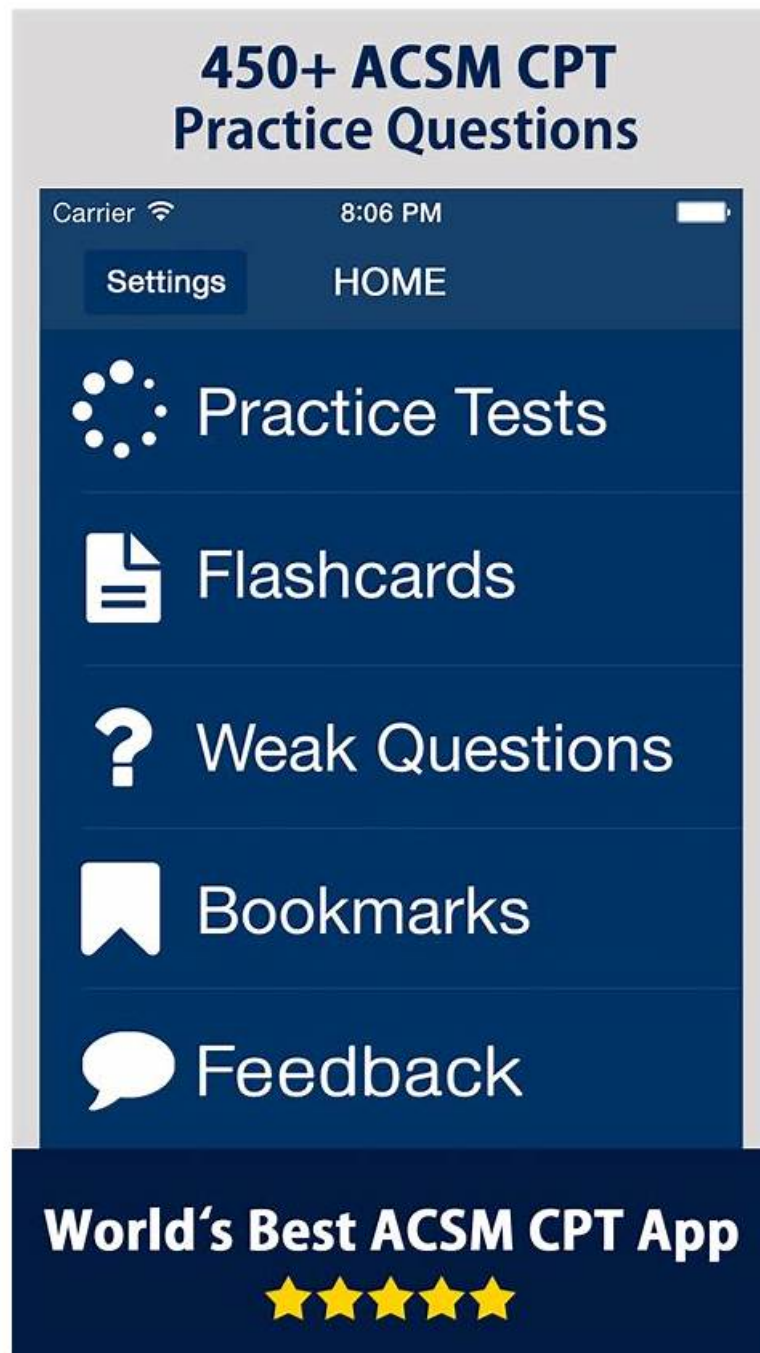


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NASM Certified Personal Trainer Exam Sample Questions (Q120-Q125):

NEW QUESTION # 120

An example of transverse plane motion is a

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

Answer: A

NEW QUESTION # 121

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

Answer: A

NEW QUESTION # 122

What type of resistance is present when training with dumbbells through a full range of motion?

- A. Dynamic Variable Constant Resistance (DVCR)
- B. Static Variable External Resistance (SVER)
- C. Dynamic Constant External Resistance (DCER)
- D. Static Internal Constant Resistance (SICR)

Answer: C

NEW QUESTION # 123

A client who uses the erector spinae to perform a hip extension is exhibiting which of the following?

- A. Autogenic inhibition
- B. Synergistic dominance
- C. Reciprocal inhibition
- D. Neuromuscular efficiency

Answer: B

Explanation:

Synergistic dominance occurs when synergist muscles compensate for a weak or inhibited prime mover, taking over its primary function. In this case, the erector spinae—normally a spinal stabilizer—are performing hip extension instead of the gluteus maximus, which is the prime mover for that action.

The NASM CPT7 Study Guide explains that altered length-tension relationships and poor neuromuscular recruitment patterns can cause helper muscles to dominate, leading to inefficient movement and potential injury.

This is distinct from reciprocal inhibition (agonist-antagonist relationship), autogenic inhibition (GTO-mediated relaxation), and neuromuscular efficiency (optimal recruitment patterns).

NEW QUESTION # 124

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

Answer: C

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 # 125

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