

# CPT Test Questions: NASM Certified Personal Trainer Exam & CPT Actual Test & CPT Exam Simulation

## NASM CPT PRACTICE TEST Questions with Complete Solutions

Which of the following is the recommended rest interval when performing a circuit for phase 5 resistance training?

- a: 0 to 30 seconds
- b: 31 to 60 seconds
- c: 1-2 minutes
- d: 3-5 minutes **Answer- D: 3-5 minutes**

Which of the following is part of the marketing mix?

- a: prominence
- b: public
- c: place
- d: professionalism **Answer- C: place**

When a client practices self-myofascial release, which of the following physiological changes is the goal?

- a. An increase in joint receptor activity results in an inhibition of muscles around a joint.
- b. A decrease in neurotransmitter activity results in the contraction of a muscle.
- c. A decrease in muscle spindle activity results in the contraction of a muscle.
- d. An increase in Golgi tendon organ activity results in relaxation of a muscle. **Answer- d. An increase in Golgi tendon organ activity results in relaxation of a muscle.**

Which of the following is the correct repetition range and tempo for the Stabilization, Strength and Power Phases of the OPT model?

- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive
- b. 12-20/Moderate, 1-10/Explosive, 1-12/Slow
- c. 1-10/Slow, 12-20/Moderate, 1-12/Explosive
- d. 1-10/Moderate, 12-20/Slow, 1-12/Explosive **Answer- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive**

After completing the Three-Minute Step Test, a 20-year-old male scored in zone 2. What is the correct heart rate range for when he does cardio training?

- a. 86% to 95% of HR max
- b. 76% to 85% of HR max
- c. 65% to 75% of HR max
- d. 55% to 60% of HR max **Answer- b. 76% to 85% of HR max**

Which of the following is the innermost layer of muscular connective tissue?

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## NASM Certified Personal Trainer Exam Sample Questions (Q63-Q68):

### NEW QUESTION # 63

A trainer is working with a new client who wants to lose 20 lb in 30 days. Which of the following actions should the trainer take first?

- A. Create a negative calorie balance.
- B. Create a metabolic workout program.
- C. Create small goal milestones.
- D. **Create realistic expectations.**

**Answer: D**

Explanation:

A goal of losing 20 lb in 30 days is unrealistic and potentially unsafe. NASM emphasizes setting SMART goals (Specific, Measurable, Attainable, Realistic, Timely) to promote adherence and health.

The first step is to educate the client about safe weight loss rates (generally 1-2 lb per week) and adjust their expectations accordingly. Once realistic goals are set, smaller milestones and training/nutrition plans can be developed. Creating a metabolic workout or calorie deficit comes after ensuring the client understands what is safely achievable.

### NEW QUESTION # 64

Which of the following exercises is a regression in intensity from a box jump-up with stabilization?

- A. Squat jump with stabilization
- B. Horizontal jump with stabilization
- C. **Box jump-down with stabilization**
- D. Transverse jump with stabilization

**Answer: C**

Explanation:

NASM's plyometric training progressions and regressions are based on the force and stability demands of an exercise. A box jump-up with stabilization requires explosive concentric force to jump vertically onto a platform, followed by an isometric hold. A box jump-down with stabilization removes the explosive vertical propulsion requirement and instead focuses on eccentric force absorption and landing mechanics, which generally reduces intensity.

Horizontal jumps, squat jumps, and transverse jumps with stabilization typically demand more power output or multi-planar coordination than a controlled step/landing from a box. Thus, among the listed choices, the box jump-down with stabilization is the regression because it lowers concentric demand while still training landing control and joint stabilization-making it safer for clients not yet ready for the more intense jump-up variations.

### NEW QUESTION # 65

For general fitness goals, aerobic activity should be performed at no higher than which intensity?

- A. 50%
- B. 80%
- C. 60%
- D. **70%**

**Answer: D**

### NEW QUESTION # 66

A trainer is working with a client who is planning to begin a weekly exercise plan within the next month. The trainer should identify that the client is in which of the following stages of change?

- A. Maintenance
- B. **Preparation**
- C. Action
- D. Contemplation

**Answer: B**

#### Explanation:

In the Stages of Change Model, NASM defines Preparation as: "The client intends to act in the near future, usually within the next month". This stage is characterized by having a clear plan and intent to begin behavior change soon, possibly with some minor steps already taken (e.g., buying workout clothes or scheduling sessions). In this scenario, the client is "planning to begin a weekly exercise plan within the next month," which exactly matches the preparation stage definition.

By contrast, Contemplation is thinking about starting in the next 6 months, Action is actively performing the new behavior (within the last 6 months), and Maintenance is sustaining the behavior for more than 6 months.

#### NEW QUESTION # 67

Which of the following tissues makes up the outermost layer of skeletal muscle?

- A. Endomysium
- B. **Epimysium**
- C. Fasciculus
- D. Perimysium

#### Answer: B

#### Explanation:

Skeletal muscle is organized in layers of connective tissue. NASM's CPT7 Study Guide explains that the epimysium is the inner layer of fascia that directly surrounds an entire muscle, often referred to as "deep fascia". This makes it the outermost layer covering the muscle as a whole. Beneath it, muscles are divided into bundles called fascicles, each wrapped in perimysium, and within those, individual muscle fibers are surrounded by endomysium. Thus, the epimysium is the correct choice when referring to the outermost covering of skeletal muscle.

#### NEW QUESTION # 68

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