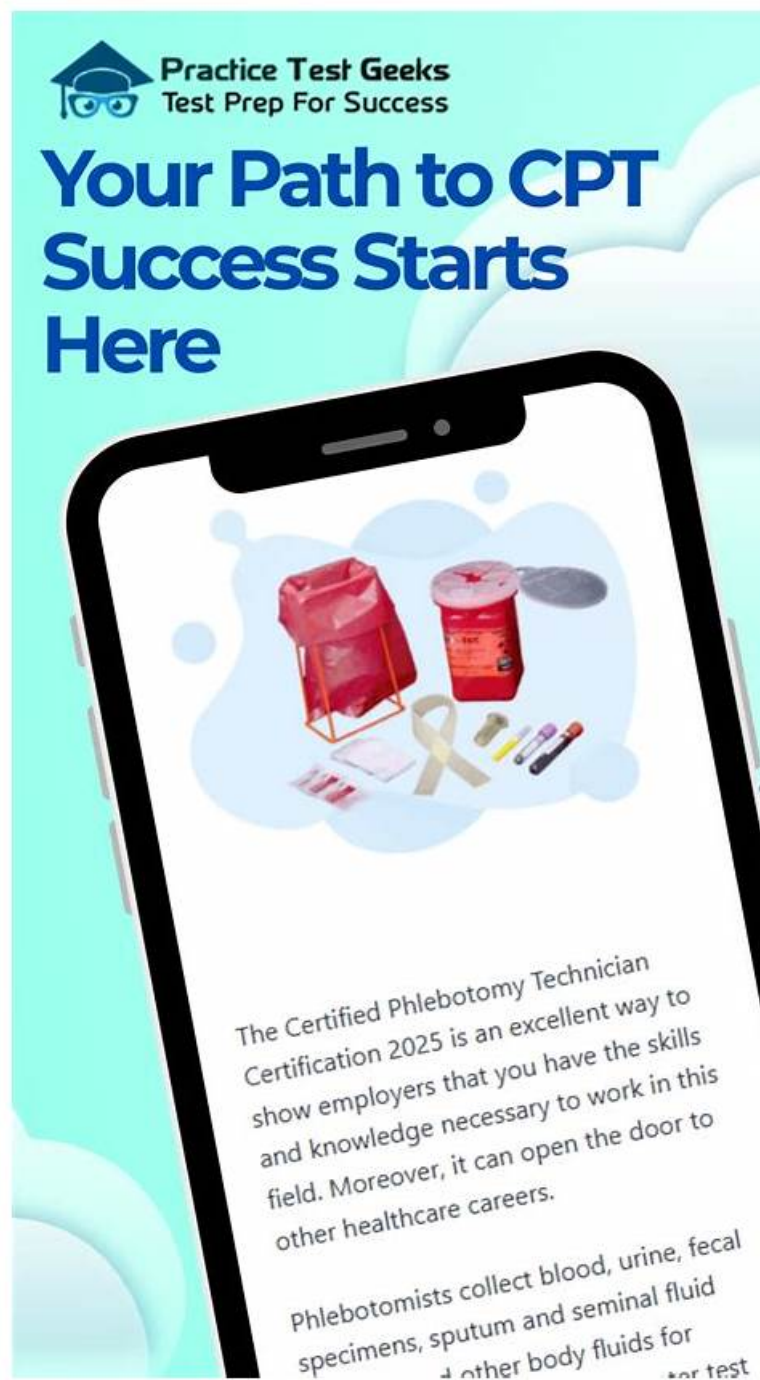


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NASM Certified Personal Trainer Exam Sample Questions (Q55-Q60):

NEW QUESTION # 55

Which of the following is a benefit of aerobic exercise?

- A. Increases resting pulse rate
- B. Decreases HDL cholesterol
- C. Increases blood pressure
- D. Decreases LDL cholesterol

Answer: D

NEW QUESTION # 56

Which of the following is an adaptation caused by regular resistance training?

- A. Decreased circulation
- B. Increased muscle recovery time
- C. Decreased muscle hypertrophy
- D. Increased motor unit recruitment

Answer: D

NEW QUESTION # 57

A client sets a goal to jog for 1 hour 3 days per week and attend two personal training sessions per week. This is an example of which of the following types of goals?

- A. Short-term
- B. Outcome
- C. Process
- D. Long-term

Answer: C

Explanation:

NASM clearly differentiates between process goals (specific actions or behaviors) and outcome goals (the end result). Process goals focus on what you will do-the behaviors that lead to an outcome. The Study Guide gives examples such as "Jog for 45 minutes starting at 6:30 a.m. Monday-Friday" or "Strength training 5 days per week." In this case, the client's plan-"jog for 1 hour 3 days per week and attend two personal training sessions per week"-is a description of specific, repeatable behaviors, not the final achievement (e.g., losing 10 pounds or completing a race). Process goals are crucial because they are entirely within the client's control, build consistency, and lead toward long-term success. NASM emphasizes that focusing on process goals can improve adherence and motivation, as progress is measurable by completion of the planned actions, regardless of the final outcome.

NEW QUESTION # 58

A trainer is coordinating with a network of professionals for education and referrals. Which of the following resources would be most beneficial?

- A. Massage therapist
- B. Health insurance provider
- C. School gym teacher
- D. Dentist

Answer: A

Explanation:

For professional collaboration and client referrals, NASM recommends building a network that supports holistic health, performance, and recovery. A massage therapist can assist with muscular recovery, flexibility, and injury prevention, complementing a CPT's program design.

Dentists and health insurance providers are outside the scope of fitness program collaboration. A school gym teacher could be helpful in a youth setting but is not as directly aligned with adult personal training needs.

Therefore, a massage therapist is the most beneficial referral partner in this scenario.

NEW QUESTION # 59

Which of the following demonstrates a level of service that helps the client adhere to the training program?

- A. Forecasting
- B. Marketing
- C. Accountability
- D. SWOT analysis

Answer: C

Explanation:

The NASM CPT7 Study Guide emphasizes accountability as a key factor in helping clients adhere to training programs.

Accountability involves tracking progress, checking in regularly, and creating a sense of responsibility for showing up and completing agreed-upon actions.

While forecasting, marketing, and SWOT analysis are useful for business operations and planning, they are not directly related to client exercise adherence. Accountability helps build consistency, reinforces commitment, and keeps the client engaged, which is essential for long-term success in fitness programs.

NEW QUESTION # 60

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