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NASM Certified Personal Trainer Exam Sample Questions (Q70-Q75):

NEW QUESTION # 70

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 # 71

Performing a series of resistance training exercises one after another with short rests in between exercises is

- A. rest-pause
- B. interval training
- C. super setting
- **D. circuit training**

Answer: D

NEW QUESTION # 72

Which of the following forms of flexibility best describes the phenomenon of the kinetic chain seeking the path of least resistance during functional movement?

- A. Corrective
- B. Active
- **C. Relative**
- D. Dynamic

Answer: C

Explanation:

NASM defines relative flexibility as the phenomenon where the kinetic chain seeks the path of least resistance during movement. This occurs when one joint or muscle is restricted, causing movement to occur at an alternative joint that has more mobility, often leading to compensations. The CPT7 guide explains that this can result from muscle imbalances, poor flexibility, or faulty movement patterns, and it often appears in functional movement assessments as compensatory motions.

NEW QUESTION # 73

A trainer agrees to develop a meal plan for a client who is obese. Which of the following is the result of the trainer's actions?

- **A. Violation of the NASM code of professional conduct**
- B. Fulfillment of a trainer's duty to the client to assist in weight management
- C. Adherence to the OPT model
- D. Violation of HIPAA laws

Answer: A

Explanation:

NASM's scope of practice clearly states that Certified Personal Trainers are not qualified to prescribe specific meal plans unless they hold an additional, recognized nutrition credential and are legally permitted in their jurisdiction.

While CPTs can provide general nutrition guidelines based on public resources (e.g., USDA MyPlate), creating individualized meal plans is outside their professional scope and constitutes a violation of the NASM code of professional conduct.

This is not a HIPAA violation (Option C), as HIPAA relates to handling of private medical data. It is also not fulfilling a duty within the OPT model (Option D) because nutrition planning is not part of OPT without proper credentialing. Therefore, developing a meal plan for a client as a CPT without proper credentials is a code of conduct violation.

NEW QUESTION # 74

A trainer is designing an exercise program for a client whose main goal is weight loss. Which of the following resistance training systems is most appropriate for this client?

- A. Horizontal loading
- B. Pyramid
- C. Drop-sets
- **D. Vertical loading**

Answer: D

Explanation:

For clients focused on weight loss, NASM emphasizes maximizing caloric expenditure within each session.

The vertical loading resistance training system organizes exercises by alternating between different body parts in succession (e.g., upper body push, lower body pull, core, etc.), cycling through them before repeating. This minimizes rest periods for any one muscle

group while maintaining continuous movement, which elevates heart rate and increases total session energy expenditure. The CPT7 guide contrasts this with horizontal loading, where one exercise is completed for all sets before moving to the next, which generally involves longer rest and lower overall caloric burn.

NEW QUESTION # 75

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