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NASM Certified Personal Trainer Exam Sample Questions (Q105-Q110):

NEW QUESTION # 105

When progressing a general fitness client through a session, which of the following BEST measures exercise intensity?

- A. VO# Max
- B. Blood pressure
- C. Heart rate
- D. Level of perspiration

Answer: C

NEW QUESTION # 106

When training a client that has a goal to improve power, what exercise would be MOST appropriate?

- A. Pushups
- B. Leg press
- C. Box jumps
- D. Pull ups

Answer: C

NEW QUESTION # 107

When a client performs a rotation chest pass, what is the proper position for the pivoting back leg?

- A. Hyperextension
- B. Triple flexion
- C. Dorsiflexion
- D. Triple extension

Answer: D

Explanation:

A rotation chest pass in a power training context uses a pivot of the back leg to generate rotational force.

Proper mechanics require triple extension-simultaneous extension at the hip, knee, and ankle-to produce maximum power from the lower body through the kinetic chain. This extension helps transfer force from the ground through the core to the upper body and into the throw. NASM emphasizes that triple extension is critical in movements involving force generation like sprints, jumps, and rotational throws. Triple flexion is the opposite movement (hip, knee, ankle flexion) and occurs during load absorption phases.

NEW QUESTION # 108

Which of the following is an example of intrinsic motivation for exercise?

- A. Increasing overall health
- B. Improving posture
- C. Improving mood
- D. Achieving a weight loss goal

Answer: C

Explanation:

Intrinsic motivation refers to doing an activity because it is inherently satisfying or enjoyable, not because of an external reward. The NASM CPT7 Study Guide lists stress relief, increasing energy, and finding new ways to be challenged physically as examples of intrinsic motivators. Improving mood aligns directly with this definition-it's a personal, internal benefit of exercise.

By contrast, achieving a weight loss goal (Option A) is an outcome goal that is externally measured, improving posture (Option C) is a functional/physical goal, and increasing overall health (Option D) is an outcome-oriented health objective. While these can be

motivating, they are external or outcome-based, whereas improving mood is an internal psychological reward.

NEW QUESTION # 109

What muscle type is striated and voluntary?

- A. Vascular
- B. Smooth
- C. Cardiac
- D. Skeletal

Answer: D

NEW QUESTION # 110

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