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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 (Q226-Q231):

NEW QUESTION # 226

A trainer is preparing a client for a barbell back squat. Prior to initiating the exercise, which of the following should the trainer determine to ensure proper spotting technique?

- A. The client's one-rep maximum
- B. The number of sets
- C. The exercise tempo
- **D. The number of repetitions**

Answer: D

Explanation:

Before spotting a barbell back squat, NASM guidelines recommend that the trainer confirm how many repetitions the client plans to perform. This ensures the spotter is prepared for the effort duration, can assist effectively if fatigue sets in, and helps prevent injury. While knowing sets, tempo, or 1RM may be useful for programming, for spotting technique specifically, repetition count is the key pre-lift communication point.

NEW QUESTION # 227

When using proprioceptive neuromuscular facilitation (PNF) stretching techniques, how long should the isometric contraction be held for?

- A. 13-15 seconds
- B. 16-18 seconds
- **C. 10-12 seconds**
- D. 19-21 seconds

Answer: C

NEW QUESTION # 228

If a client's lower back arches during an overhead squat test, which of the following muscles is likely underactive?

- A. Erector spinae
- B. Psoas major
- **C. Transverse abdominis**
- D. Latissimus dorsi

Answer: C

Explanation:

If a client's lower back arches during the Overhead Squat Assessment, this indicates excessive lumbar extension and an anterior pelvic tilt, often due to overactive hip flexors and erector spinae, and underactive core stabilizers-especially the transverse abdominis. NASM identifies the transverse abdominis, internal obliques, and multifidus as key local stabilization system muscles that contract isometrically to stabilize the LPHC during movement. Weakness in the transverse abdominis allows the pelvis to tilt forward and the lumbar spine to overextend, which appears as an arch in the lower back. Strengthening this deep abdominal muscle helps maintain a neutral spine under load.

NEW QUESTION # 229

During the overhead squat assessment, a client exhibits an excessive forward lean. This indicates decreased neural drive in which of the following muscles?

- **A. Erector spinae**

- B. Rhomboids
- C. Popliteus
- D. Rectus femoris

Answer: A

Explanation:

In the Overhead Squat Assessment (OHSA), an excessive forward lean often indicates underactive erector spinae muscles along with other potential compensations. The NASM CPT7 Study Guide explains that decreased neural drive (underactivity) in the erector spinae reduces the spine's ability to remain extended against gravity, leading to a forward trunk angle.

The erector spinae are part of the posterior chain, working synergistically with the gluteus maximus and hamstrings to maintain upright posture during squatting. When they are underactive, other muscles—such as the hip flexor complex—may dominate, pulling the pelvis and torso forward. Popliteus primarily assists with knee stability and internal rotation of the tibia, rhomboids are involved in scapular retraction (not lumbar extension), and the rectus femoris is a hip flexor/knee extensor, often overactive in forward lean cases. Thus, the forward lean points directly to reduced neural drive in the erector spinae.

NEW QUESTION # 230

A client has mastered the single-leg squat on the floor. Which of the following is a proprioceptive and challenging progression?

- A. Two-leg squat on floor
- B. Two-leg squat on Dyna disc
- C. Single-leg squat on an Airex pad
- **D. Single-leg squat on a Dyna disc**

Answer: D

Explanation:

NASM's balance progression principles move from stable # less stable # unstable surfaces, while keeping proper form. A single-leg squat on a Dyna disc is more proprioceptively challenging than doing it on the floor or even on an Airex pad because the Dyna disc creates multidirectional instability.

Two-leg squats, even on unstable surfaces, are less challenging for balance than single-leg squats. Therefore, progressing from single-leg squat on the floor to single-leg squat on a Dyna disc follows the recommended instability progression.

NEW QUESTION # 231

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