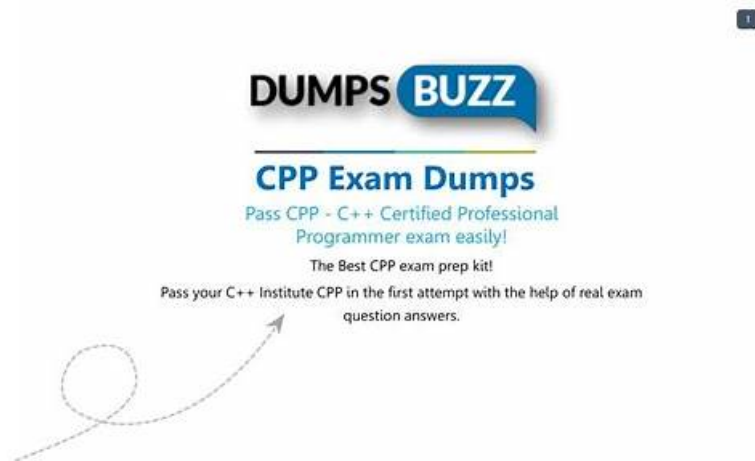


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## NASM Certified Personal Trainer Exam Sample Questions (Q166-Q171):

### NEW QUESTION # 166

A trainer meets an individual who is exercising inconsistently and has taken steps toward a regular exercise program. The trainer should identify that this person is in which of the following Stages of Change?

- A. Precontemplation
- B. Contemplation
- C. Action
- D. Preparation

**Answer: D**

Explanation:

Someone exercising inconsistently but taking steps toward a regular exercise program is in the preparation stage of change. The CPT7 guide describes this stage as when an individual is planning to take action soon and may be making small behavioral changes, such as occasional workouts, but has not yet established a consistent pattern. Recognizing this stage allows the trainer to focus on strategies that reinforce the client's readiness and help them progress toward the action stage.

#### NEW QUESTION # 167

During an overhead squat assessment, a client demonstrates an excessive anterior pelvic tilt. Which of the following muscles is considered shortened?

- A. Piriformis
- B. Latissimus dorsi
- C. Biceps femoris
- D. Transverse abdominis

**Answer: B**

Explanation:

During an overhead squat assessment, an excessive anterior pelvic tilt often indicates an overactive/shortened hip flexor complex, erector spinae, and latissimus dorsi. The NASM CPT7 Study Guide explains that altered length-tension relationships occur "when a muscle's resting length is too short or too long, reducing the amount of force it can produce" and that muscle imbalance around the LPHC can affect posture and movement efficiency.

The latissimus dorsi, in particular, crosses the lumbopelvic region and, when shortened, can increase lumbar extension and anterior pelvic tilt during movements like the overhead squat. This happens because the lats attach to the thoracolumbar fascia and pelvis, pulling the pelvis into an anterior rotation when overactive.

NASM's movement assessment guidelines identify the lats as a common overactive muscle contributing to excessive lumbar extension and anterior tilt in squat patterns.

Conversely, muscles like the transverse abdominis act as stabilizers to resist this tilt, while hamstrings (including biceps femoris) often present as lengthened in this compensation pattern. The piriformis is typically associated with hip external rotation issues, not directly anterior tilt. Therefore, among the listed options, the latissimus dorsi is the key shortened muscle contributing to excessive anterior pelvic tilt in the overhead squat assessment.

#### NEW QUESTION # 168

A client who uses the erector spinae to perform a hip extension is exhibiting which of the following?

- A. Synergistic dominance
- B. Reciprocal inhibition
- C. Autogenic inhibition
- D. Neuromuscular efficiency

**Answer: A**

Explanation:

Synergistic dominance occurs when synergist muscles compensate for a weak or inhibited prime mover, taking over its primary function. In this case, the erector spinae—normally a spinal stabilizer—are performing hip extension instead of the gluteus maximus, which is the prime mover for that action.

The NASM CPT7 Study Guide explains that altered length-tension relationships and poor neuromuscular recruitment patterns can cause helper muscles to dominate, leading to inefficient movement and potential injury.

This is distinct from reciprocal inhibition (agonist-antagonist relationship), autogenic inhibition (GTO-mediated relaxation), and neuromuscular efficiency (optimal recruitment patterns).

#### NEW QUESTION # 169

Which of the following actions by the trainer is within the scope of practice with regards to food?

- A. Advising the client to avoid gluten and dairy
- B. Recommending lifestyle modifications for weight control
- C. Providing guidance for a medical condition
- D. Suggesting specific diet plans

**Answer: B**

Explanation:

NASM clearly defines the Certified Personal Trainer's scope of practice regarding nutrition. While CPTs can "provide general nutrition guidelines, direct clients to credible nutrition resources, refer clients to dietitians /nutritionists, and provide accountability and support with dietary changes," they cannot prescribe specific diets, meal plans, or medical nutrition therapy for diagnosed conditions. Advising a client to avoid gluten or dairy without a medical directive is outside scope, as is providing guidance for a medical condition or creating a detailed diet plan. However, recommending lifestyle modifications such as increasing whole-food intake, improving hydration, and balancing energy intake for weight control is acceptable and aligns with NASM's guidelines. This keeps the trainer within evidence-based, general nutrition education while respecting the roles of licensed dietitians.

#### **NEW QUESTION # 170**

Which of the following are benefits of a proper cool down?

- A. Decreases blood flow and enhances contraction
- B. Complete muscle recovery and repair
- **C. Gradual recovery and reduces muscle soreness**
- D. Increases heart rate and reduces stretch reflex

**Answer: C**

#### **NEW QUESTION # 171**

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