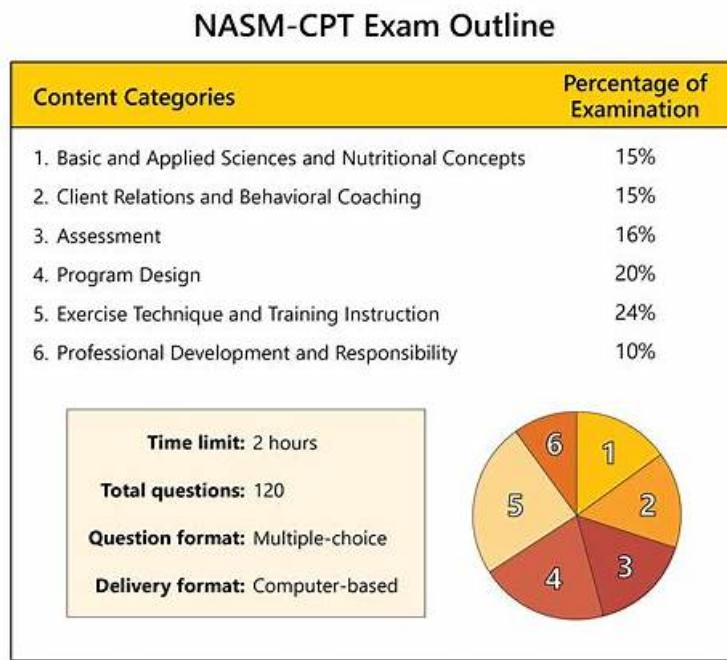


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NASM Certified Personal Trainer Exam Sample Questions (Q214-Q219):

NEW QUESTION # 214

A client previously focused on gaining muscle has requested to be converted to a fat-loss program. Which of the following is BEST indicated in devising a new program?

- A. Infrequent cardio sessions
- B. Utilize heavy weights
- C. Long duration exercise
- D. High impact movements

Answer: C

NEW QUESTION # 215

Which of the following macronutrients is the primary source of energy for muscular exertion?

- A. Carbohydrates
- B. Protein
- C. Fat
- D. Water

Answer: A

Explanation:

NASM emphasizes that carbohydrates are the body's primary and preferred source of energy for muscular exertion, especially during high-intensity exercise. The Study Guide notes: "Carbohydrates in the diet are broken down into glucose, which can produce ATP quickly via the process of glycolysis." This rapid energy production is critical for resistance training, sprinting, and other activities requiring quick bursts of effort.

While fats are a major fuel during lower-intensity, longer-duration exercise, and protein can be used during prolonged energy deficits, neither is as readily available or efficient as carbohydrates for muscular work.

Water is not a macronutrient providing energy—it's essential for hydration and metabolic processes but doesn't yield calories. Because muscular exertion often demands immediate ATP, carbohydrates, via stored glycogen and blood glucose, are the key macronutrient fueling these activities.

NEW QUESTION # 216

The S.A.I.D. principle applies primarily to

- A. Assessment measures for 1RM and VO₂ Max for the respective sport
- B. The adaptations for flexibility resulting from dynamic stretching prior to the activity
- C. The training effect that is specific to the activity being performed
- D. Deficiencies in the body's ability to adapt to athletic training modalities

Answer: C

NEW QUESTION # 217

A trainer is instructing a client to perform alternating side lunges. Which of the following auditory cues should the trainer use?

- A. "Land with your foot pointed in the direction you are stepping."
- B. "Keep your spine neutral."
- C. "Start by standing with your feet together."
- D. "Lunge as far as possible to improve muscle activation."

Answer: B

Explanation:

When instructing side lunges, NASM emphasizes using specific, safety-focused cues to maintain proper posture and joint alignment. The CPT7 Study Guide notes that spinal alignment should be maintained in a neutral position during all exercises to prevent excessive shear or compressive forces on the vertebrae and intervertebral discs.

For side lunges, the neutral spine cue ensures that the client maintains proper core engagement and avoids lumbar rounding or hyperextension, which can cause undue stress on the back. While "Start by standing with your feet together" (Option B) is an accurate setup detail, it's more of a positional cue rather than an ongoing form-maintenance cue. "Land with your foot pointed in the direction you are stepping" (Option C) could help in some multi-planar movements, but for lateral lunges, the lead foot should typically remain pointed forward to emphasize frontal-plane loading. "Lunge as far as possible" (Option A) risks compromising alignment and safety. Thus, the most appropriate auditory cue is "Keep your spine neutral."

NEW QUESTION # 218

What is the first byproduct of adenosine triphosphate (ATP) production?

- A. Malate
- B. Citrate
- C. Oxaloacetate
- D. **Pyruvate**

Answer: D

NEW QUESTION # 219

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