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NASM Certified Personal Trainer Exam Sample Questions (Q23-Q28):

NEW QUESTION # 23

During the lunge assessment, the trainer notices that the client has a tendency to lean forward. What does this MOST likely indicate?

- A. Tight adductors and/or abductors
- B. Weak core and/or gluteus maximus
- C. Imbalanced foot and/or ankle muscles
- D. Poor hip stability and mobility

Answer: B

NEW QUESTION # 24

The knee is classified as which of the following joints?

- A. Hinge
- B. Gliding
- C. Ball and socket
- D. Pivot

Answer: A

NEW QUESTION # 25

Which of the following is a benefit of aerobic exercise?

- A. Decreases LDL cholesterol
- B. Increases resting pulse rate
- C. Increases blood pressure
- D. Decreases HDL cholesterol

Answer: A

NEW QUESTION # 26

Reducing the intake of saturated fat will

- A. Raise LDL cholesterol levels in the blood
- B. Lower LDL cholesterol levels in the blood
- C. Lower HDL cholesterol levels in the blood
- D. Raise HDL cholesterol levels in the blood

Answer: B

NEW QUESTION # 27

Self-myofascial release will decrease the excitation of which of the following?

- A. Muscle spindles
- B. Myosin heads
- C. Golgi tendon organs
- D. Sarcomeres

Answer: A

Explanation:

Self-myofascial release (SMR) is a flexibility technique that uses tools like foam rollers to apply gentle, sustained pressure to the myofascial tissues. According to NASM, this technique "stimulates the Golgi tendon organ (GTO), which in turn inhibits muscle spindle activity, decreasing excitation and allowing the muscle to relax." Muscle spindles are sensory receptors sensitive to changes in

muscle length and the rate of that change; they trigger reflexive contractions when they detect rapid stretch. Overactivity of muscle spindles can contribute to tightness and restricted range of motion. SMR works by initiating autogenic inhibition, allowing the targeted muscle to lengthen more effectively. The other options-Golgi tendon organs (inhibited by SMR stimulation), sarcomeres (the contractile units in muscle fibers), and myosin heads (part of the actin-myosin sliding filament mechanism)-are not directly the structures whose excitation is reduced by SMR. Therefore, the correct answer is that SMR decreases excitation of muscle spindles.

NEW QUESTION # 28

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