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NASM Certified Personal Trainer Exam Sample Questions (Q95-Q100):

NEW QUESTION # 95

Which of the following is a component of business practice according to the NASM-BOC Code of Professional Conduct?

- A. Maintaining adequate liability insurance
- **B. Seeking continuing education**
- C. Adhering to strict facility maintenance
- D. Performing community service

Answer: B

Explanation:

Under the NASM-BOC Code of Professional Conduct, maintaining competence through continuing education is a core component of business practice. The guide outlines that certified professionals must commit to ongoing professional development to ensure their knowledge and skills remain current. This not only meets recertification requirements but also ensures the delivery of safe, effective, and evidence-based fitness programming. While facility maintenance, community service, and liability insurance are important professional considerations, they are not specifically listed as Code of Conduct requirements under NASM's business practice section.

NEW QUESTION # 96

Which of the following is the most readily available form of fuel used by the tissues of the brain, nervous system, and muscles?

- A. Fiber
- B. Fat
- C. Protein
- **D. Glucose**

Answer: D

Explanation:

In NASM's Exercise Metabolism and Bioenergetics section, glucose is defined as "the simplest form of carbohydrate used by the body for energy." The Study Guide clearly states that carbohydrates are broken down into glucose, which is the most readily available form of fuel for the brain, nervous system, and muscles. Glucose can be rapidly metabolized through glycolysis to produce ATP, making it essential during both rest and high-intensity activities. Glycogen-its stored form-is limited, but glucose in the bloodstream is immediately accessible, especially to tissues that rely heavily on carbohydrate metabolism, such as the brain (which cannot use fat directly as fuel). The guide also notes that "the fuels used to create ATP are glucose from carbohydrates, free fatty acids from fat, amino acids from protein, and ketone bodies," but fat oxidation is slower and protein is typically reserved for structural and enzymatic roles. Fiber is a non-digestible carbohydrate and thus not a fuel source. Therefore, glucose is the correct answer as the "most readily available" substrate for immediate energy needs across the nervous and muscular systems, supporting rapid ATP regeneration during movement and cognitive tasks.

NEW QUESTION # 97

A weight gain client stops gaining weight. What is the MOST appropriate modification to the client's program?

- A. Decrease calories
- B. Decrease repetitions
- **C. Increase calories**
- D. Increase repetitions

Answer: C

NEW QUESTION # 98

At the point of dangerous muscle overload, contraction is shut down by the

- A. Actin filaments
- B. Endomysium tissue

- C. Myosin filaments
- D. Golgi tendon

Answer: D

NEW QUESTION # 99

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

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

Answer: D

NEW QUESTION # 100

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