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## NASM Certified Personal Trainer Exam Sample Questions (Q60-Q65):

### NEW QUESTION # 60

A 60-year-old female with a Cardiovascular Risk Profile assessment of 33 is 80 pounds overweight, but she is highly motivated to start an exercise program. The trainer should advise her to:

- A. Seek a qualified yoga instructor
- B. Implement a low carbohydrate diet
- C. Consult her physician
- D. Start a walking program

Answer: C

### NEW QUESTION # 61

Which of the following types of training relies primarily on the oxidative system?

- A. Circuit
- B. Balance
- C. Hypertrophy
- D. Maximal strength

**Answer: A**

Explanation:

The oxidative (aerobic) energy system is the primary energy source for prolonged, lower-intensity activities.

Circuit training-when structured with moderate resistance and minimal rest between stations-elevates the heart rate for extended periods, relying heavily on the oxidative system for ATP production.

Hypertrophy and maximal strength training use primarily the ATP-PC and glycolytic systems due to higher loads and shorter durations. Balance training, unless sustained and aerobic in nature, does not consistently engage the oxidative system. Therefore, circuit training is the correct match.

#### NEW QUESTION # 62

A client is doing single-leg scaptions and is raising the dumbbells at an improper angle. How should the trainer cue the client?

- A. Lift the dumbbells straight out to the sides.
- B. Lift the dumbbells in front of the shoulders.
- C. Lift the dumbbells at a 45 degree angle.
- D. Lift the dumbbells at a 25 degree angle.

**Answer: C**

Explanation:

A scaption is a shoulder exercise where the arms are raised in the scapular plane, which is approximately 45 degrees between the frontal and sagittal planes. The NASM CPT7 Study Guide explains that this position aligns the glenohumeral joint and reduces impingement risk.

Lifting directly in front of the shoulders (Option B) is a front raise, and lifting directly out to the sides (Option D) is a lateral raise. A 25-degree angle (Option C) is too narrow to be in the optimal scapular plane.

Therefore, the proper cue for a single-leg scaption is to lift at a 45-degree angle.

#### NEW QUESTION # 63

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. Popliteus
- C. Rectus femoris
- D. Rhomboids

**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 # 64

A trainer is instructing a client about how to perform a multiplanar box jump-down with stabilization. Which of the following instructions should the trainer include?

- A. Stick the landing with legs straight.
- **B. Land softly and quietly.**
- C. Perform the exercise with a repetitive (medium) tempo.
- D. Allow the feet to turn outward.

**Answer: B**

Explanation:

For a multiplanar box jump-down with stabilization, NASM stresses safe landing mechanics to absorb impact forces. The CPT7 Study Guide highlights cues such as "land softly" and "quietly" to encourage proper eccentric deceleration and joint alignment. Landing with legs straight (Option B) can cause injury by removing shock absorption from the knees and hips. A repetitive tempo (Option C) is contrary to "with stabilization," which requires holding the landing for 3-5 seconds. Allowing the feet to turn outward (Option D) may cause misalignment and knee stress. The correct instruction is "Land softly and quietly" to ensure proper deceleration and control.

## NEW QUESTION # 65

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