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SAP C-WZADM-01 certification is an excellent way for individuals to demonstrate their knowledge and expertise in implementing and administering SAP Build Work Zone. With this certification, individuals can prove their proficiency in configuring and managing Build Work Zone environments, and will be highly valued by organizations seeking to leverage the power of this powerful cloud-based platform.

SAP C-WZADM-01 is a certification exam designed for professionals who want to demonstrate their expertise in implementing and administering SAP Build Work Zone. C_WZADM_01 exam is intended to assess the candidate's knowledge and skills in configuring and deploying SAP Build Work Zone, as well as their ability to manage and maintain the system. Certified Application Associate - SAP Build Work Zone - Implementation and Administration certification is ideal for professionals who work with SAP Build Work Zone and want to validate their skills and knowledge.

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NASM Certified Personal Trainer Exam Sample Questions (Q105-Q110):

NEW QUESTION # 105

Which one of the following muscles is involved in core stability?

- A. Masseter
- B. Sternocleidomastoid
- C. Psoas
- D. Flexor digitorum longus

Answer: C

NEW QUESTION # 106

The MOST valuable evaluation tool to a personal trainer for a weight loss client is

- A. Strength test
- B. Cardiovascular test
- C. Body composition test
- D. Muscular test

Answer: C

NEW QUESTION # 107

During the overhead squat assessment, a client exhibits an excessive forward lean. This indicates decreased neural drive in which of the following muscles?

- A. Popliteus
- B. Rhomboids
- C. Rectus femoris
- D. Erector spinae

Answer: D

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 # 108

A trainer notices that a client's arms fall forward during an overhead squat assessment. Which of the following muscles may be underactive?

- A. Lower trapezius
- B. Pectoralis minor
- C. Latissimus dorsi
- D. Erector spinae

Answer: A

Explanation:

When a client's arms fall forward during the Overhead Squat Assessment, NASM identifies this as an indication of overactive/shortened muscles (e.g., latissimus dorsi, pectoralis major/minor, teres major) and underactive/lengthened muscles such as the lower trapezius, middle trapezius, rhomboids, and rotator cuff.

The lower trapezius plays a critical role in scapular depression and upward rotation, helping keep the arms aligned overhead. Weakness in this muscle allows the scapulae to tip forward, contributing to the observed compensation. Strengthening the lower trapezius improves shoulder stability and posture during overhead movements. This is supported in NASM's corrective exercise strategies for the shoulder complex in the movement assessments section.

NEW QUESTION # 109

Which muscle tissue type allows for vasoconstriction and vasodilation?

- A. Striated
- B. Cardiac
- C. Skeletal
- **D. Smooth**

Answer: D

NEW QUESTION # 110

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