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NASM Certified Personal Trainer Exam Sample Questions (Q28-Q33):

NEW QUESTION # 28

Which of the following is a compensation observed in the lumbo-pelvic-hip complex during the overhead squat assessment?

- A. Knees move inward
- B. Arms fall forward
- C. Feet turn out
- D. Low-back arches

Answer: D

Explanation:

In the overhead squat assessment (OHS), one common compensation observed at the lumbo-pelvic-hip complex (LPHC) is

excessive lumbar extension, also referred to as "low-back arches." The NASM CPT7 Study Guide lists this as an indication of overactivity in the hip flexor complex, latissimus dorsi, and erector spinae, and underactivity in the gluteus maximus, hamstrings, and core stabilizers.

Other options—knees moving inward (frontal plane), arms falling forward (upper body compensation), and feet turning out (foot/ankle compensation)—are observed in other kinetic chain checkpoints but not classified under LPHC compensations.

NEW QUESTION # 29

If an active smoker is hesitant about beginning an exercise program, it would be appropriate to

- A. Explain that exercise can still improve their lung function
- B. Start their exercise program but only if they agree to get the flu shot beforehand
- C. Encourage them to quit and come back when they are down to less than half pack a day
- D. Recommend healthier alternatives to smoking such as using a vape instead

Answer: A

NEW QUESTION # 30

What system is made up of glands that mainly use hormones as information messengers?

- A. Endocrine
- B. Muscular
- C. Nervous
- D. Immune

Answer: A

NEW QUESTION # 31

A trainer is preparing a client for a barbell back squat. Prior to initiating the exercise, which of the following should the trainer determine to ensure proper spotting technique?

- A. The number of sets
- B. The client's one-rep maximum
- C. The number of repetitions
- D. The exercise tempo

Answer: C

Explanation:

Before spotting a barbell back squat, NASM guidelines recommend that the trainer confirm how many repetitions the client plans to perform. This ensures the spotter is prepared for the effort duration, can assist effectively if fatigue sets in, and helps prevent injury. While knowing sets, tempo, or 1RM may be useful for programming, for spotting technique specifically, repetition count is the key pre-lift communication point.

NEW QUESTION # 32

The trainer's exercise, or program recommendation, should be primarily based on

- A. what the client can afford.
- B. the client's current caloric intake.
- C. the client's availability.
- D. the client's goals.

Answer: D

NEW QUESTION # 33

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