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NASM Certified Personal Trainer Exam Sample Questions (Q65-Q70):

NEW QUESTION # 65

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

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

Answer: C

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 # 66

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

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

Answer: B

NEW QUESTION # 67

A client who uses the erector spinae to perform a hip extension is exhibiting which of the following?

- A. Reciprocal inhibition
- B. Autogenic inhibition
- **C. Synergistic dominance**
- D. Neuromuscular efficiency

Answer: C

Explanation:

Synergistic dominance occurs when synergist muscles compensate for a weak or inhibited prime mover, taking over its primary function. In this case, the erector spinae—normally a spinal stabilizer—are performing hip extension instead of the gluteus maximus, which is the prime mover for that action.

The NASM CPT7 Study Guide explains that altered length-tension relationships and poor neuromuscular recruitment patterns can cause helper muscles to dominate, leading to inefficient movement and potential injury.

This is distinct from reciprocal inhibition (agonist-antagonist relationship), autogenic inhibition (GTO- mediated relaxation), and neuromuscular efficiency (optimal recruitment patterns).

NEW QUESTION # 68

What is the optimal repetition range when training for strength?

- **A. 4-6**
- B. 1-3
- C. 12-15
- D. 20-25

Answer: A

NEW QUESTION # 69

Which of the following is a contraindication to exercise?

- A. Loss of appetite
- B. Acute fatigue
- **C. Persistent dizziness**
- D. Lack of sleep

Answer: C

NEW QUESTION # 70

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