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## NASM Certified Personal Trainer Exam Sample Questions (Q146-Q151):

### NEW QUESTION # 146

What is the primary function of the Rate of Perceived Exertion (RPE) scale?

- A. Calculates maximum daily caloric intake
- B. Determines the ideal weight to lift during resistance training
- C. Assesses the intensity of exercise
- D. Measures heart rate variability

Answer: C

### NEW QUESTION # 147

Which of the following is an effect of dehydration?

- A. Increased blood volume
- **B. Increased heart rate**
- C. Increased blood pressure
- D. Increased sweat rate

**Answer: B**

Explanation:

Dehydration reduces plasma volume, making the heart work harder to circulate blood. NASM notes that fluid loss causes cardiovascular strain, often leading to an increased heart rate to maintain cardiac output during exercise. This is due to decreased stroke volume—less fluid in the bloodstream means less blood pumped per beat, so the heart compensates by beating faster. Other effects include impaired thermoregulation, reduced sweat efficiency, and decreased exercise performance. Increased blood volume is not correct (dehydration decreases it), sweat rate often decreases rather than increases when dehydrated (leading to overheating risk), and blood pressure can drop rather than rise in severe dehydration. Therefore, increased heart rate is the hallmark acute cardiovascular response to dehydration during activity.

#### **NEW QUESTION # 148**

Which of the following actions should a trainer take to initiate and build rapport with a new client?

- A. Ask the client to commit to a set number of sessions.
- B. Write the client a handwritten note.
- C. Perform a workout with the client.
- **D. Use the client's first name.**

**Answer: D**

Explanation:

Building rapport begins with small, personal touches that make the client feel valued and recognized. NASM emphasizes rapport as the foundation of the trainer-client relationship and notes that "using the client's name" is a simple but powerful way to personalize communication and foster trust early in the relationship. This aligns with customer service principles in personal training, where the goal is to create a welcoming and engaging environment from the first interaction.

While asking for a session commitment is part of the sales process, it should not happen before rapport is established. Writing a note is thoughtful but better suited for maintaining existing relationships, and working out with the client can be distracting from focusing on their needs. Using the client's name immediately signals attentiveness, personal connection, and professionalism—making it the most effective rapport-building action at the start.

#### **NEW QUESTION # 149**

What muscle is medial to the vastus intermedius?

- A. Vastus lateralis
- B. Piriformis
- C. Peroneus longus
- **D. Adductor magnus**

**Answer: D**

#### **NEW QUESTION # 150**

The aerobic functional capacity of an average healthy adult is measured by

- A. Calculated MaxHR
- **B. VO<sub>2</sub> Max value**
- C. Respiratory exchange rate
- D. 1RM chest press

**Answer: B**

