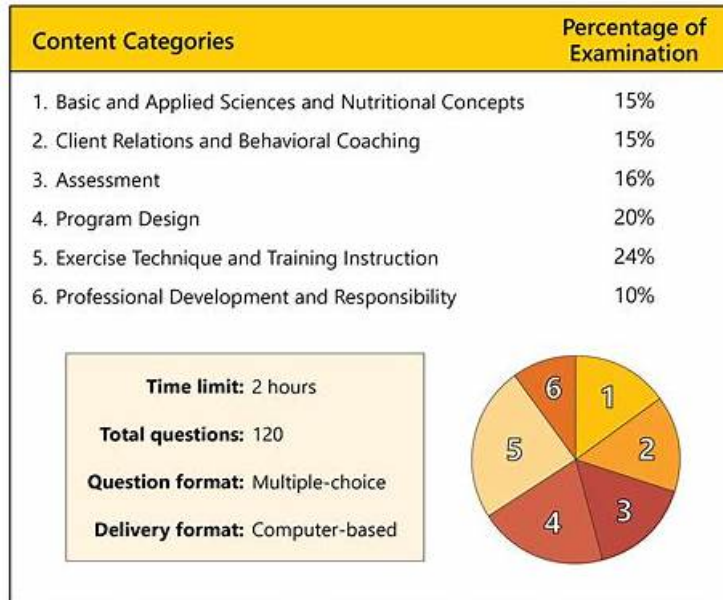


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## NASM Certified Personal Trainer Exam Sample Questions (Q124-Q129):

### NEW QUESTION # 124

During an overhead squat assessment, a client demonstrates an excessive anterior pelvic tilt. Which of the following muscles is considered shortened?

- A. Biceps femoris
- B. Transverse abdominis
- C. Latissimus dorsi
- D. Piriformis

**Answer: C**

Explanation:

During an overhead squat assessment, an excessive anterior pelvic tilt often indicates an overactive/shortened hip flexor complex, erector spinae, and latissimus dorsi. The NASM CPT7 Study Guide explains that altered length-tension relationships occur "when a muscle's resting length is too short or too long, reducing the amount of force it can produce" and that muscle imbalance around the LPHC can affect posture and movement efficiency.

The latissimus dorsi, in particular, crosses the lumbopelvic region and, when shortened, can increase lumbar extension and anterior pelvic tilt during movements like the overhead squat. This happens because the lats attach to the thoracolumbar fascia and pelvis, pulling the pelvis into an anterior rotation when overactive.

NASM's movement assessment guidelines identify the lats as a common overactive muscle contributing to excessive lumbar extension and anterior tilt in squat patterns.

Conversely, muscles like the transverse abdominis act as stabilizers to resist this tilt, while hamstrings (including biceps femoris) often present as lengthened in this compensation pattern. The piriformis is typically associated with hip external rotation issues, not directly anterior tilt. Therefore, among the listed options, the latissimus dorsi is the key shortened muscle contributing to excessive anterior pelvic tilt in the overhead squat assessment.

### NEW QUESTION # 125

A trainer is working with a client who has upper crossed syndrome. Which of the following muscles should the trainer recommend that the client stretch?

- A. Teres minor
- B. Serratus anterior
- C. Levator scapulae
- D. Lower trapezius

**Answer: C**

Explanation:

Upper crossed syndrome is a common postural distortion pattern characterized by forward head posture, rounded shoulders, and thoracic kyphosis. NASM identifies overactive muscles in this condition as the upper trapezius, levator scapulae, sternocleidomastoid, pectoralis major/minor, and suboccipitals. Underactive muscles include the deep cervical flexors, serratus anterior, lower trapezius, and rhomboids. Corrective exercise strategies involve inhibiting (SMR) and lengthening the overactive muscles—thus the levator scapulae is a primary stretch target. Stretching it helps restore cervical and scapular alignment, improve movement mechanics, and reduce compensations. The other listed muscles—serratus anterior, lower trapezius, and teres minor—are underactive and require strengthening, not stretching.

### NEW QUESTION # 126

Which of the following is an adaptation caused by regular resistance training?

- A. Increased motor unit recruitment
- B. Decreased circulation
- C. Decreased muscle hypertrophy
- D. Increased muscle recovery time

**Answer: A**

### NEW QUESTION # 127

Which of the following is an ethical technique certified personal trainers (CPT) use to motivate clients?

- A. Create enthusiasm
- B. Offer bribes
- C. Withhold feedback
- D. Reverse psychology

**Answer: A**

## NEW QUESTION # 128

The NFPT-recommended recovery heart rate for a client with a size/strength goal is

- A. 100 beats per minute (BPM)
- **B. 125 BPM**
- C. 140 BPM
- D. 115 BPM

**Answer: B**

## NEW QUESTION # 129

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