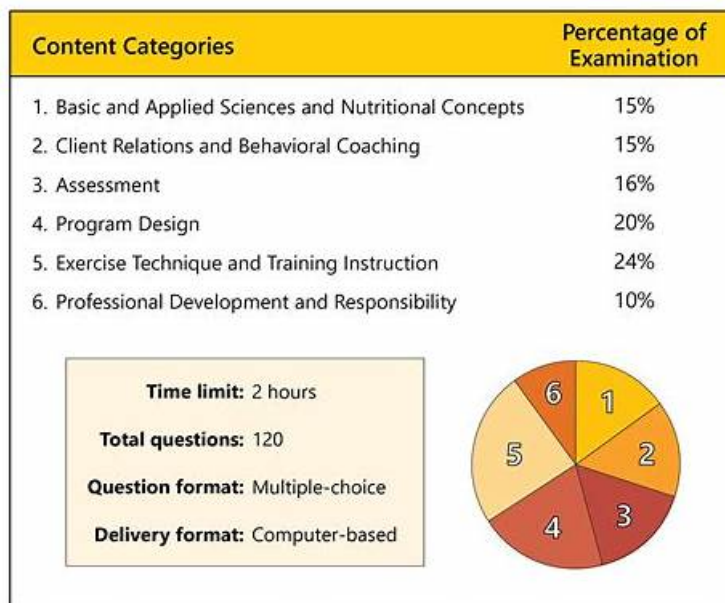


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NASM Certified Personal Trainer Exam Sample Questions (Q124-Q129):

NEW QUESTION # 124

Which of the following resistance training techniques should a trainer recommend for a 58-year-old client who prefers variations and

has limited time for his workout?

- A. Superset system
- B. Multiple-set system
- C. Horizontal loading system
- **D. Peripheral heart action system**

Answer: D

Explanation:

The Peripheral Heart Action (PHA) system alternates upper- and lower-body exercises to keep the blood circulating between the extremities, which also maintains an elevated heart rate. NASM notes that this method is ideal for clients with limited time who want variety, as it combines resistance and cardiovascular benefits.

The horizontal loading system trains all sets of one exercise before moving to the next, which is less time- efficient. The multiple-set system increases volume but doesn't necessarily save time. The superset system alternates two exercises with little rest, but doesn't inherently alternate upper and lower body. Thus, the PHA system is the most suitable for a time-limited client seeking variety.

NEW QUESTION # 125

A trainer meets an individual who is exercising inconsistently and has taken steps toward a regular exercise program. The trainer should identify that this person is in which of the following Stages of Change?

- A. Contemplation
- B. Action
- **C. Preparation**
- D. Precontemplation

Answer: C

Explanation:

Someone exercising inconsistently but taking steps toward a regular exercise program is in the preparation stage of change. The CPT7 guide describes this stage as when an individual is planning to take action soon and may be making small behavioral changes, such as occasional workouts, but has not yet established a consistent pattern. Recognizing this stage allows the trainer to focus on strategies that reinforce the client's readiness and help them progress toward the action stage.

NEW QUESTION # 126

Which of the following BEST describes health as it relates to trainer-client assessment?

- A. The client's ability to avoid disease through exercise
- B. The client's purposeful zest for life
- **C. The condition of the client's current physical state**
- D. The performance measure of the client's maximal ability

Answer: C

NEW QUESTION # 127

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

- A. Respiratory exchange rate
- B. Calculated MaxHR
- **C. VO# Max value**
- D. 1RM chest press

Answer: C

NEW QUESTION # 128

Which of the following are benefits of a proper cool down?

- A. Decreases blood flow and enhances contraction
- B. Complete muscle recovery and repair
- C. Gradual recovery and reduces muscle soreness
- D. Increases heart rate and reduces stretch reflex

Answer: C

NEW QUESTION # 129

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