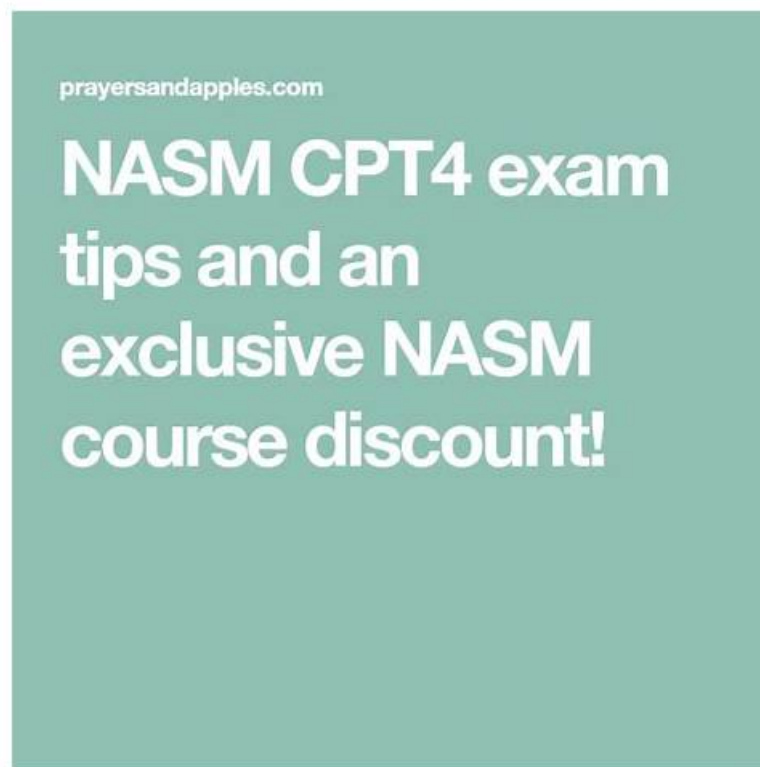


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NASM Certified Personal Trainer Exam Sample Questions (Q86-Q91):

NEW QUESTION # 86

The knee is classified as which of the following joints?

- A. Ball and socket
- B. Hinge
- C. Pivot
- D. Gliding

Answer: B

NEW QUESTION # 87

Overstretching a muscle can cause a stretch reflex that results in greater force production. Which proprioceptor is responsible for preventing a muscle from overstretching?

- A. Motor End Plate
- B. Golgi Tendon Organ
- C. Muscle Spindle
- D. Fusiform Muscle

Answer: C

NEW QUESTION # 88

Protein that is broken down in the stomach and then further broken down in the small intestine forms

- A. amino acids
- B. fatty acids
- C. complex carbs
- D. simple sugars

Answer: A

NEW QUESTION # 89

While coaching a client through a basic squat set, the trainer notices that the client's knees cave inward. What could this observation imply?

- A. The client has weak hip flexors
- B. The client has a damaged ACL
- C. The client has poor hip mobility
- D. The client has tight adductors

Answer: D

NEW QUESTION # 90

Which of the following heart chambers pumps reoxygenated blood to the entire body?

- A. Right atrium
- B. Left atrium
- C. Right ventricle
- D. Left ventricle

Answer: D

Explanation:

The left ventricle is the chamber of the heart responsible for pumping reoxygenated blood (oxygen-rich blood) to the entire body via the aorta. According to the NASM CPT7 Study Guide, "Left ventricle: receives oxygenated blood from the left atrium and sends it to the body". Blood enters the left atrium from the lungs through the pulmonary veins, then passes through the mitral valve into the left ventricle. From here, the powerful muscular walls of the left ventricle generate the high pressure needed to push blood into systemic circulation.

This is in contrast to the right ventricle, which sends deoxygenated blood to the lungs; the right atrium, which collects deoxygenated blood from the body; and the left atrium, which only receives oxygenated blood from the lungs but does not pump it systemically.

The left ventricle is anatomically the thickest chamber of the heart because it must overcome the systemic vascular resistance of the entire body. This is why its proper function is critical for endurance, performance, and overall cardiovascular health in exercise contexts.

NEW QUESTION # 91

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