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NASM Certified Personal Trainer Exam Sample Questions (Q171-Q176):

NEW QUESTION # 171

Which of the following is a component of business practice according to the NASM-BOC Code of Professional Conduct?

- A. Adhering to strict facility maintenance
- B. Performing community service
- C. Seeking continuing education
- D. Maintaining adequate liability insurance

Answer: C

Explanation:

Under the NASM-BOC Code of Professional Conduct, maintaining competence through continuing education is a core component of business practice. The guide outlines that certified professionals must commit to ongoing professional development to ensure their knowledge and skills remain current. This not only meets recertification requirements but also ensures the delivery of safe, effective, and evidence-based fitness programming. While facility maintenance, community service, and liability insurance are important

professional considerations, they are not specifically listed as Code of Conduct requirements under NASM's business practice section.

NEW QUESTION # 172

To avoid muscle strains, joint pain, and emotional fatigue, which of the following concepts should be implemented?

- A. Neuromuscular specificity
- **B. Periodization**
- C. Vertical loading
- D. Mechanical specificity

Answer: B

Explanation:

Periodization is the systematic planning of training to prevent overtraining, reduce the risk of injury, and promote continual progress. NASM emphasizes that by cycling through phases of varying intensity, volume, and rest, trainers can avoid muscle strains, joint pain, and emotional fatigue. The OPT model itself is a form of periodization, ensuring clients have structured progression from stabilization to power while incorporating recovery periods.

NEW QUESTION # 173

What is the principle enzyme that breaks down carbohydrates?

- A. Pepsin
- B. Protease
- C. Lipase
- **D. Amylase**

Answer: D

NEW QUESTION # 174

Which of the following is an example of an objective assessment?

- **A. Overhead squat assessment**
- B. Lifestyle questionnaire
- C. General health history questionnaire
- D. Medical history questionnaire

Answer: A

Explanation:

An objective assessment involves measurable, observable data collected through tests or direct observation.

The NASM CPT7 Study Guide lists the overhead squat assessment (OHSA) as part of the movement assessments category under objective data collection.

Medical history questionnaires, lifestyle questionnaires, and general health history questionnaires are subjective assessments, relying on client self-reports. The OHSA objectively identifies movement compensations, joint alignment issues, and muscle imbalances, making it a direct and measurable fitness assessment.

NEW QUESTION # 175

A personal trainer uses a heart rate monitor during a client's training session to provide which of the following types of feedback?

- A. Mechanical
- B. Internal
- C. Sensory
- **D. External**

Answer: D

Explanation:

NASM defines external feedback as information provided by an outside source - such as a trainer, mirror, video, or device - to help a client understand their performance. A heart rate monitor delivers real-time data from an external device, which the trainer can use to guide intensity adjustments. This differs from internal feedback, which comes from a client's own sensory awareness (e.g., perceived exertion). External feedback tools are essential in monitoring physiological responses and ensuring clients work within safe and effective training zones .

NEW QUESTION # 176

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