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NASM Certified Personal Trainer Exam Sample Questions (Q195-Q200):

NEW QUESTION # 195

Which of the following is an appropriate heart rate range for a client who scored average on the YMCA 3- minute step test?

- A. 76% to 85%
- **B. 65% to 75%**
- C. 86% to 95%
- D. 55% to 60%

Answer: B

Explanation:

The YMCA 3-Minute Step Test is used to estimate cardiorespiratory fitness. In the NASM CPT7 Study Guide, clients who score average on this test should begin cardiorespiratory training at a target heart rate zone of 65% to 75% of their estimated maximal heart rate. This ensures they are challenged enough to stimulate cardiovascular improvement without causing undue fatigue or risk, aligning with Zone 1-2 intensities for aerobic base building.

NEW QUESTION # 196

A trainer is spotting a client who is performing a dumbbell chest press. Which of the following techniques should the trainer use?

- A. Refrain from spotting until the client has passed the "sticking point."
- B. Provide most of the effort for the client to successfully complete the lift.
- C. Provide spotting assistance at the client's elbows.
- **D. Determine how many repetitions the client will perform before the start of the set.**

Answer: D

Explanation:

Proper spotting involves clear communication before the lift to ensure both the client and trainer understand the expectations. The NASM CPT7 Study Guide advises that the trainer and client should agree on the number of reps and the level of assistance before starting any exercise.

For a dumbbell chest press, spotters should assist at the wrists, not the elbows, to better control the weights' path if the client struggles. Providing most of the effort for the client (Option B) removes the training benefit and could be unsafe. Spotting at the elbows (Option C) offers poor control, and refraining from spotting until after the sticking point (Option D) can allow the client to get trapped in a dangerous position. Therefore, the first step is confirming reps and spotting plan before lifting.

NEW QUESTION # 197

The upright row should always be performed with caution and less intensity because

- A. It is an advanced movement, and can lead to an over-development of the pectoralis major and minor
- B. It has been known to cause tears in the hamstrings and gastrocnemius
- **C. Simultaneous internal rotation and abduction of the shoulder can lead to impingement and tendon injury**
- D. It can cause a muscle imbalance between the biceps and the triceps

Answer: C

NEW QUESTION # 198

Which of the following forms of flexibility best describes the phenomenon of the kinetic chain seeking the path of least resistance during functional movement?

- A. Corrective
- **B. Relative**
- C. Dynamic
- D. Active

Answer: B

Explanation:

NASM defines relative flexibility as the phenomenon where the kinetic chain seeks the path of least resistance during movement. This occurs when one joint or muscle is restricted, causing movement to occur at an alternative joint that has more mobility, often leading to compensations. The CPT7 guide explains that this can result from muscle imbalances, poor flexibility, or faulty movement patterns, and it often appears in functional movement assessments as compensatory motions.

NEW QUESTION # 199

A trainer is holding a consultation with a new client who is in the preparation stage of change. Which of the following actions should the trainer take first?

- A. Discuss realistic expectations with her.
- B. Perform the shark skill test.
- C. Design a new workout program using the OPT model.
- D. Lead her through a challenging workout.

Answer: A

Explanation:

In the preparation stage of the Transtheoretical Model, the client is getting ready to start regular activity but has not yet established a consistent routine. The NASM CPT7 Study Guide emphasizes that the trainer's initial focus should be on building rapport, setting realistic expectations, and helping the client develop a clear plan rather than jumping into testing or advanced program design. This discussion fosters motivation, commitment, and clarity, ensuring the client transitions smoothly into regular training with sustainable habits.

NEW QUESTION # 200

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