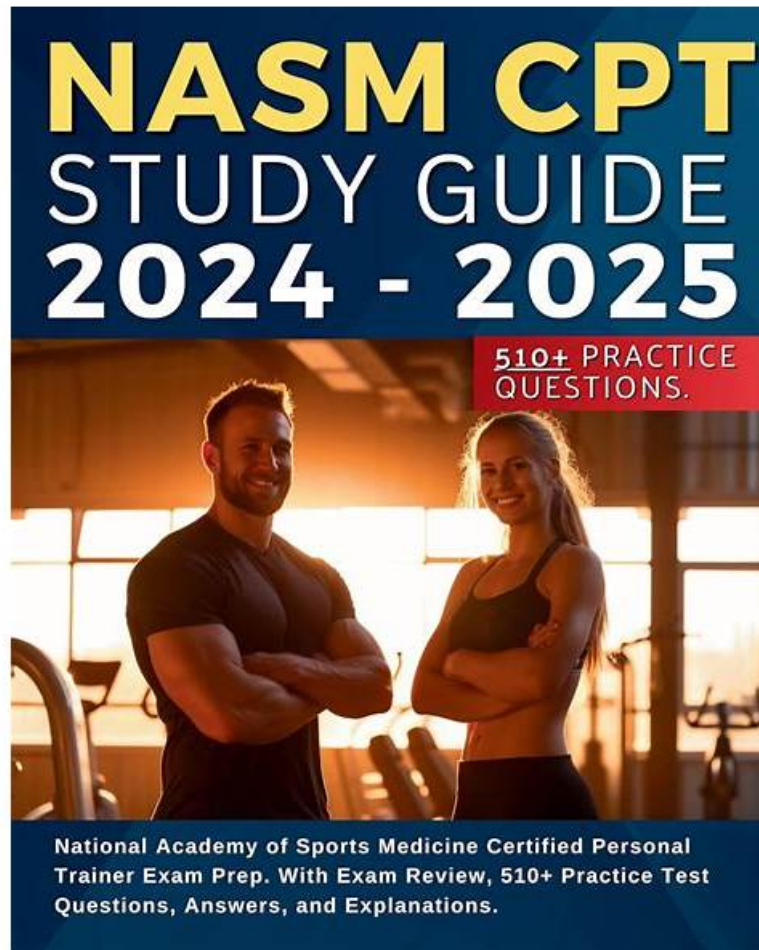


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NASM Certified Personal Trainer Exam Sample Questions (Q170-Q175):

NEW QUESTION # 170

What is the second stage of the aerobic progression model?

- A. Improvement conditioning
- B. Preparation conditioning
- C. Maintenance conditioning
- D. Initial conditioning

Answer: D

NEW QUESTION # 171

A trainer is discussing proper running form with a client. Which of the following is an appropriate auditory cue?

- A. "Ankles should be plantar flexed."
- B. "Keep the knees straight ahead."
- C. "Head should move into extension."
- D. "Lean forward slightly during deceleration."

Answer: B

Explanation:

Proper running form requires maintaining neutral alignment of the lower extremities to optimize stride efficiency and reduce injury risk. The NASM CPT7 Study Guide emphasizes the importance of joint alignment and tracking, particularly keeping the knees aligned with the toes during dynamic movement.

"Lean forward slightly during deceleration" (Option A) may apply in certain braking mechanics but is not a standard form cue for general running. "Head should move into extension" (Option C) would disrupt postural alignment and breathing efficiency. "Ankles should be plantar flexed" (Option D) applies only at specific phases of sprinting push-off, not as a general form cue. Therefore, the most universally applicable and safe auditory cue is "Keep the knees straight ahead."

NEW QUESTION # 172

The connection point for a muscle group to a bone is called?

- A. Insertion
- B. Interconnection
- C. Transfer
- D. Bifurcation

Answer: A

NEW QUESTION # 173

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

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

Answer: D

NEW QUESTION # 174

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. Simultaneous internal rotation and abduction of the shoulder can lead to impingement and tendon injury

- Answer: B**

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