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## NASM CPT PRACTICE TEST Questions with Complete Solutions

Which of the following is the recommended rest interval when performing a circuit for phase 5 resistance training?

- a: 0 to 30 seconds
- b: 31 to 60 seconds
- c: 1-2 minutes
- d: 3-5 minutes **Answer- D: 3-5 minutes**

Which of the following is part of the marketing mix?

- a: prominence
- b: public
- c: place
- d: professionalism **Answer- C: place**

When a client practices self-myofascial release, which of the following physiological changes is the goal?

- a. An increase in joint receptor activity results in an inhibition of muscles around a joint.
- b. A decrease in neurotransmitter activity results in the contraction of a muscle.
- c. A decrease in muscle spindle activity results in the contraction of a muscle.
- d. An increase in Golgi tendon organ activity results in relaxation of a muscle. **Answer- d. An increase in Golgi tendon organ activity results in relaxation of a muscle.**

Which of the following is the correct repetition range and tempo for the Stabilization, Strength and Power Phases of the OPT model?

- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive
- b. 12-20/Moderate, 1-10/Explosive, 1-12/Slow
- c. 1-10/Slow, 12-20/Moderate, 1-12/Explosive
- d. 1-10/Moderate, 12-20/Slow, 1-12/Explosive **Answer- a. 12-20/Slow, 1-12/ Moderate, 1-10/Explosive**

After completing the Three-Minute Step Test, a 20-year-old male scored in zone 2. What is the correct heart rate range for when he does cardio training?

- a. 86% to 95% of HR max
- b. 76% to 85% of HR max
- c. 65% to 75% of HR max
- d. 55% to 60% of HR max **Answer- b. 76% to 85% of HR max**

Which of the following is the innermost layer of muscular connective tissue?

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## NASM Certified Personal Trainer Exam Sample Questions (Q128-Q133):

### NEW QUESTION # 128

Which of the following terms refers to the process of muscles moving together to produce movement around a joint?

- A. Length-tension relationship
- B. Force-velocity curve
- C. Synergistic dominance
- D. Force-couple relationship

**Answer: D**

Explanation:

The NASM CPT7 Study Guide defines a force-couple relationship as the coordinated action of multiple muscles working together to produce movement around a joint. This occurs when muscles pull in different directions to produce the same rotary motion. For example, during an upward rotation of the scapula, the upper trapezius, lower trapezius, and serratus anterior work together in a force couple. This coordination is essential for efficient movement patterns and injury prevention.

### NEW QUESTION # 129

Which of the following tests would be used to assess power?

- A. 1RM bench press
- B. VO2 max
- C. Vertical jump
- D. Chin-up

**Answer: C**

### NEW QUESTION # 130

A trainer is designing an exercise program for a client whose main goal is weight loss. Which of the following resistance training systems is most appropriate for this client?

- A. Vertical loading
- B. Drop-sets
- C. Horizontal loading
- D. Pyramid

**Answer: A**

Explanation:

For clients focused on weight loss, NASM emphasizes maximizing caloric expenditure within each session.

The vertical loading resistance training system organizes exercises by alternating between different body parts in succession (e.g., upper body push, lower body pull, core, etc.), cycling through them before repeating. This minimizes rest periods for any one muscle group while maintaining continuous movement, which elevates heart rate and increases total session energy expenditure. The CPT7 guide contrasts this with horizontal loading, where one exercise is completed for all sets before moving to the next, which generally involves longer rest and lower overall caloric burn.

### NEW QUESTION # 131

Which term describes the client's target heart rate prior to performing the next set?

- A. Maximal
- B. Post-set
- C. Recovery
- D. Resting

**Answer: C**

## NEW QUESTION # 132

A client has an overactive lateral gastrocnemius. Which of the following types of flexibility training is appropriate for this client?

- A. Active
- **B. Static**
- C. Dynamic
- D. Plyometric

**Answer: B**

Explanation:

For an overactive lateral gastrocnemius, the CPT7 guide recommends static stretching to lengthen the muscle and reduce tension via autogenic inhibition. Static flexibility involves holding a stretch for ~30 seconds, allowing the Golgi tendon organs to signal relaxation. This is part of the corrective flexibility approach in NASM's flexibility continuum, used to address overactivity before dynamic or performance-focused stretching. Active or dynamic stretching is better suited for warming up underactive muscles, while plyometric work is not appropriate for addressing overactivity.

## NEW QUESTION # 133

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