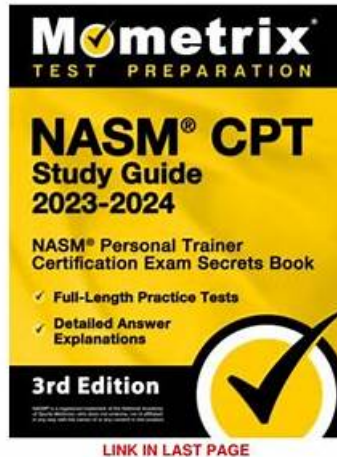


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NASM Certified Personal Trainer Exam Sample Questions (Q108-Q113):

NEW QUESTION # 108

The knee is classified as which of the following joints?

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

Answer: D

NEW QUESTION # 109

The typical adult skeleton is composed of how many bones?

- **A. 0**
- B. 1
- C. 2
- D. 3

Answer: A

NEW QUESTION # 110

Which of the following is the primary function of the skeletal system?

- A. Responds to changes in the external environment
- **B. Performs as levers when acted upon by muscles**
- C. Generates internal tension to produce movement
- D. Controls kinesthetic motor responses

Answer: B

Explanation:

The NASM CPT7 Study Guide states that one of the skeletal system's core functions is to provide the rigid framework that supports the body and serves as levers for movement when acted upon by muscles.

Specifically, "Human bones act as attachment sites and levers (rigid rods) to produce movement when muscles contract." Muscles generate the force, but it is the skeletal structure-through the interaction of bones, joints, and connective tissues-that converts that force into purposeful motion. This lever system can be first-, second-, or third-class, with most human movements involving third-class levers. The other options describe the functions of different body systems: generating internal tension is the role of the muscular system, responding to external stimuli is primarily the nervous system's role, and kinesthetic motor control involves integration between the nervous and muscular systems. Thus, the primary skeletal function relevant here is acting as levers in conjunction with muscle contractions to facilitate movement.

NEW QUESTION # 111

A trainer observes a client's hips drop toward the floor during pushups. Which muscles should be strengthened to prevent this compensation?

- **A. Abdominals**
- B. Quadriceps
- C. Triceps
- D. Trapezius

Answer: A

Explanation:

If a client's hips drop toward the floor during push-ups, it is typically due to poor core stabilization, especially weakness in the abdominals (rectus abdominis, transverse abdominis, and obliques) and sometimes the glutes.

These muscles stabilize the lumbopelvic-hip complex (LPHC), preventing excessive lumbar extension and anterior pelvic tilt. NASM emphasizes that the local stabilization system-including the transverse abdominis and multifidus-must contract isometrically to maintain a neutral spine. Strengthening these muscles through anti-extension core exercises (e.g., planks, stability ball rollouts) will help correct this push-up compensation.

NEW QUESTION # 112

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

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

Answer: B

NEW QUESTION # 113

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