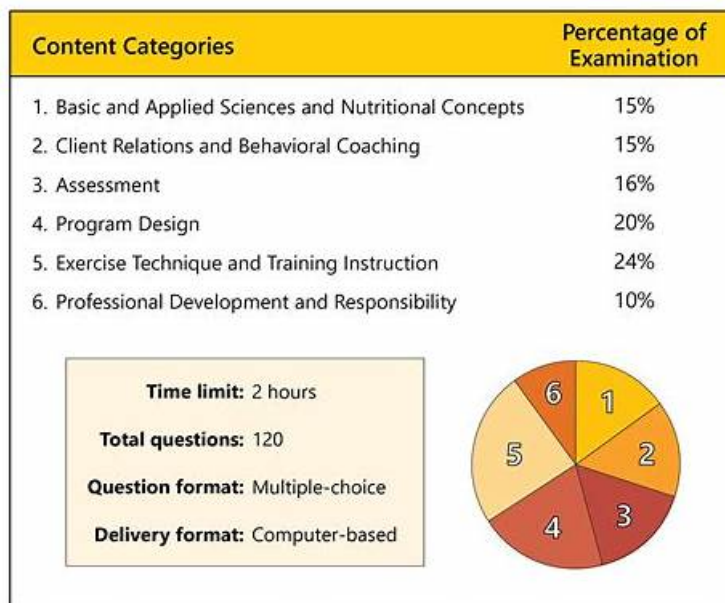


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## NASM Certified Personal Trainer Exam Sample Questions (Q176-Q181):

### NEW QUESTION # 176

As the contraction against a resistance increases, more and more motor units come into play. This is described as

- A. Motor unit recruitment
- B. Motor unit interruption

- C. Mitochondrial failure
- D. Myofibril failure

**Answer: A**

#### NEW QUESTION # 177

A client demonstrates lower crossed syndrome. Which of the following muscles should be statically stretched?

- A. Gluteus maximus
- B. Rectus femoris
- C. Gluteus medius
- D. Rectus abdominis

**Answer: B**

Explanation:

Lower crossed syndrome (LCS) is a common postural distortion characterized by an anterior pelvic tilt, lumbar lordosis, and overactive/shortened hip flexors and erector spinae, with underactive gluteals and abdominals. The NASM CPT7 Study Guide identifies the rectus femoris-part of the quadriceps and a hip flexor-as one of the shortened muscles in LCS.

Static stretching is recommended for overactive muscles to restore proper length-tension relationships. The gluteus maximus and medius are typically underactive in LCS and should be strengthened, not stretched. The rectus abdominis is usually lengthened and underactive. Therefore, in LCS, the rectus femoris should be statically stretched.

#### NEW QUESTION # 178

A client reports acute knee pain while performing squats. As the trainer, the appropriate course of action is to stop the exercise and

- A. Ask the client if they can work through the pain.
- B. Have the client perform static stretches.
- C. Incorporate corrective exercises until the issue is resolved.
- D. Refer the client to a medical professional.

**Answer: D**

#### NEW QUESTION # 179

Which proprioceptor, located within a muscle, functions to reduce the risk of injury to the muscle?

- A. Semicircular canal
- B. Golgi tendon organ
- C. Nociceptor
- D. Stretch receptor

**Answer: B**

#### NEW QUESTION # 180

A trainer is instructing a client about how to perform a multiplanar box jump-down with stabilization. Which of the following instructions should the trainer include?

- A. Land softly and quietly.
- B. Perform the exercise with a repetitive (medium) tempo.
- C. Allow the feet to turn outward.
- D. Stick the landing with legs straight.

**Answer: A**

Explanation:

For a multiplanar box jump-down with stabilization, NASM stresses safe landing mechanics to absorb impact forces. The CPT7 Study Guide highlights cues such as "land softly" and "quietly" to encourage proper eccentric deceleration and joint alignment.

Landing with legs straight (Option B) can cause injury by removing shock absorption from the knees and hips. A repetitive tempo (Option C) is contrary to "with stabilization," which requires holding the landing for 3-5 seconds. Allowing the feet to turn outward (Option D) may cause misalignment and knee stress. The correct instruction is "Land softly and quietly" to ensure proper deceleration and control.

## NEW QUESTION # 181

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