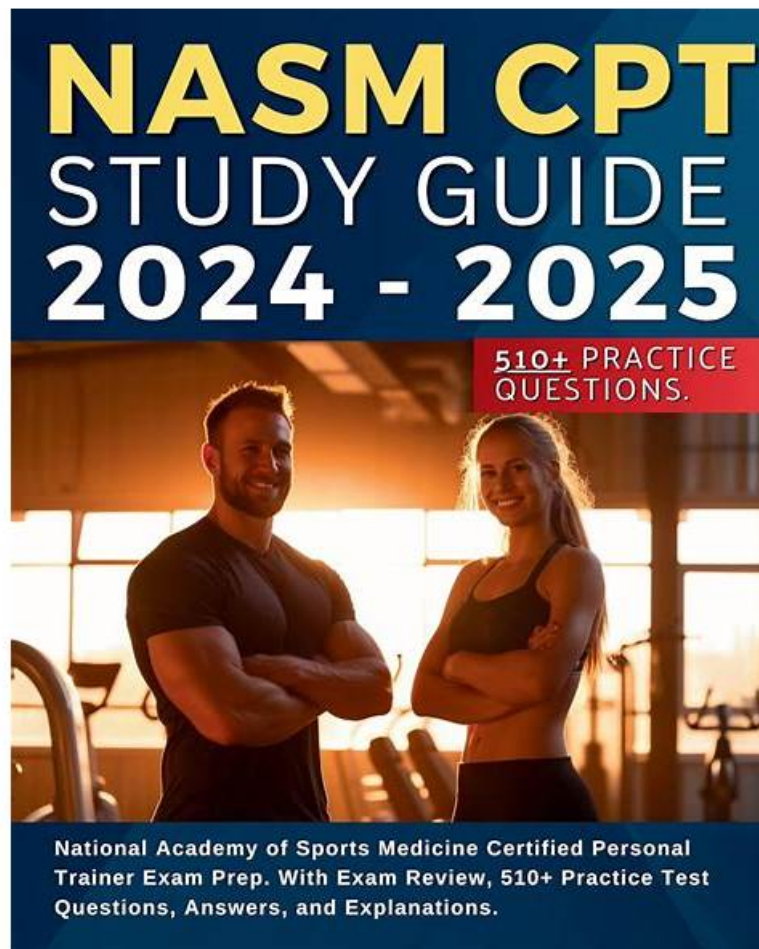


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NASM Certified Personal Trainer Exam Sample Questions (Q214-Q219):

NEW QUESTION # 214

In which of the following situations should a trainer refer a client to a medical practitioner?

- A. When the trainer becomes aware of diagnosed hypertension.
- **B. When the trainer becomes aware of undiagnosed osteoporosis.**
- C. When the trainer becomes aware of diagnosed diabetes.
- D. When the trainer becomes aware of an undiagnosed allergy.

Answer: B

Explanation:

NASM's scope-of-practice guidelines clearly state that personal trainers must refer clients to qualified medical professionals when they suspect or become aware of any undiagnosed condition that could impact health and exercise safety. Undiagnosed osteoporosis poses significant risks for fractures and requires a physician's evaluation before beginning or continuing a program. Conversely, diagnosed conditions (like diabetes or hypertension) can be trained for within guidelines, provided the trainer follows physician recommendations.

NEW QUESTION # 215

What is the principle enzyme that breaks down carbohydrates?

- A. Lipase
- B. Pepsin
- C. Protease
- **D. Amylase**

Answer: D

NEW QUESTION # 216

In the resistance training portion of maximal strength training, which of the following is the appropriate repetition range?

- **A. 1 to 5**
- B. 6 to 10
- C. 12 to 15
- D. 20 to 25

Answer: A

Explanation:

In maximal strength training (Phase 4 of the OPT model), the NASM CPT7 Study Guide prescribes a repetition range of 1 to 5 to optimize maximal force output. This phase uses heavy loads (85-100% of 1RM) with longer rest periods (3-5 minutes) to promote neural adaptations, increased motor unit recruitment, and enhanced intramuscular coordination. The focus is on improving absolute strength rather than hypertrophy or muscular endurance.

NEW QUESTION # 217

Overstretching a muscle can cause a stretch reflex that results in greater force production. Which proprioceptor is responsible for preventing a muscle from overstretching?

- A. Fusiform Muscle
- B. Motor End Plate
- C. Golgi Tendon Organ
- **D. Muscle Spindle**

Answer: D

NEW QUESTION # 218

A client is able to correctly perform a single leg dumbbell overhead press. Which of the following is the appropriate stabilization

progression for performing this exercise?

- A. Standing with an increased dumbbell weight
- B. Standing with two feet on a BOSU ball
- C. Standing in a staggered stance on a stable surface
- **D. Standing on one foot on a BOSU ball**

Answer: D

Explanation:

The NASM OPT model recommends increasing instability to progress stabilization demands, moving from stable # less stable # unstable environments. For a single leg dumbbell overhead press, the next stabilization progression is to maintain the single-leg position but place it on a BOSU ball, which significantly increases balance and proprioceptive challenges.

Increasing dumbbell weight (Option A) changes load, not stability. Standing in a staggered stance (Option B) reduces stability challenge compared to single leg. Standing with two feet on a BOSU ball (Option C) is unstable but less challenging than single leg on BOSU. Therefore, single leg on BOSU is the correct progression.

NEW QUESTION # 219

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