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## CPT Online Test | CPT Key Concepts

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## NASM Certified Personal Trainer Exam Sample Questions (Q220-Q225):

### NEW QUESTION # 220

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

- A. Chin-up
- B. 1RM bench press

- C. Vertical jump
- D. VO2 max

**Answer: C**

#### **NEW QUESTION # 221**

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

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

**Answer: D**

#### **NEW QUESTION # 222**

Which of the following goal-setting techniques should a trainer use for a client who wants to lose 30 pounds in the next year?

- A. Ask the client open-ended questions to develop a long-term goal.
- B. Assist the client with writing an outcome goal.
- C. Work with the client to create achievable short-term goals.
- D. Explain to the client that their goal is unrealistic.

**Answer: C**

Explanation:

The NASM CPT7 Study Guide emphasizes that when a client has a large, long-term goal-such as losing 30 pounds in a year-the CPT should break this into achievable short-term goals that act as stepping stones toward the ultimate objective. This strategy aligns with the SMART goal-setting framework (Specific, Measurable, Attainable, Realistic, Timely), which NASM identifies as essential for adherence and motivation.

For example, a trainer might help the client set a goal of losing 2-3 pounds per month through consistent exercise and nutrition habits, which, when compounded over the year, leads to the desired weight loss.

While open-ended questions (Option B) can help explore motivation, and outcome goals (Option C) define the desired result, neither directly ensures the process is broken down into realistic milestones. Telling a client their goal is "unrealistic" (Option D) may damage rapport and is not in line with NASM's client-centered coaching approach. Thus, creating short-term, realistic goals is the most effective way to keep the client engaged and progressing toward a big target.

#### **NEW QUESTION # 223**

A trainer is preparing to have a client perform an active kneeling hip flexor stretch. Which of the following instructions should the trainer give the client?

- A. "Hold the stretch for 2 seconds and perform 5 to 10 repetitions."
- B. "Hold the stretch for 30 seconds and perform 1 to 3 repetitions."
- C. "Perform 2 sets of 12 to 15 repetitions."
- D. "Perform as quickly as can be controlled for 10 repetitions."

**Answer: A**

Explanation:

The active kneeling hip flexor stretch falls under active stretching in NASM's flexibility continuum. Active stretching uses the agonist muscle to move the limb through a range of motion while the antagonist is stretched, typically holding the end range for about 1-2 seconds before returning to the start position. The NASM CPT7 Study Guide specifies that active stretches are performed for 5-10 repetitions, holding each for 1-2 seconds.

This technique is most often applied in the strength level of the OPT model, often following the warm-up and before resistance training to prepare muscles for dynamic activity. Options A and C represent repetition and hold counts more typical of resistance or static stretching, while Option B's "as quickly as can be controlled" describes dynamic stretching or plyometric work-not an active isolated stretch. Therefore, the correct coaching instruction is to hold for 2 seconds and perform 5-10 repetitions.

## NEW QUESTION # 224

Which of the following common upper-body exercises is considered contraindicated for any client?

- A. Seated lat pulldown with bar behind
- B. Dumbbell chest press on a stability ball
- C. Seated lat pulldown with bar in front
- D. Alternating dumbbell chest press

**Answer: A**

Explanation:

NASM lists the behind-the-neck lat pulldown as a contraindicated exercise for all clients due to the unnatural shoulder and cervical spine positioning it requires. Pulling the bar behind the head forces the shoulders into extreme external rotation and horizontal abduction, increasing the risk of impingement and neck strain. The guide recommends safer alternatives such as the front lat pulldown or pull-ups, which allow proper scapular movement and maintain neutral cervical alignment.

## NEW QUESTION # 225

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