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National Council on Strength and Fitness CPT exam

What may cause inhibition to muscle cell contractility during physical activity? -
ANSWER-Lactic acid

Suppose that after several weeks of training a client's VO2max increased from 34 ml/kg/min-1 to 38 ml/kg/min-1. What physiological adaptations played a role in the improvement? - ANSWER-An increase in O2 extraction and increased cardiac output due to training

What does NOT require a medical referral for continued exercise participation? -
ANSWER-Significant rise in systolic blood pressure during resistance training

What previously sedentary client would require medical clearance prior to engaging in a moderate intensity exercise program? - ANSWER-Female, 46 years old, controlled blood pressure with medication, RHR = 70, body fat 28%

A new client comes to you with a recent blood lipid profile from her physician. It indicates that her LDL-C is 125 mg/dl. What is the correct course of action? -
ANSWER-You don't have to implement any restrictions based on her cholesterol, since the numbers indicate a healthy profile.

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NASM Certified Personal Trainer Exam Sample Questions (Q54-Q59):

NEW QUESTION # 54

At the point of dangerous muscle overload, contraction is shut down by the

- A. Actin filaments
- **B. Golgi tendon**
- C. Myosin filaments
- D. Endomysium tissue

Answer: B

NEW QUESTION # 55

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. Muscle Spindle**
- D. Golgi Tendon Organ

Answer: C

NEW QUESTION # 56

Which of the following is the primary hormone secreted during times of stress?

- A. Progesterone
- B. Estrogen
- **C. Cortisol**
- D. Testosterone

Answer: C

NEW QUESTION # 57

Body mass index (BMI) classifies a client's overall health based on which of the following?

- A. Percentage of body fat
- **B. Height-to-weight ratio**
- C. Waist-to-hip ratio
- D. Circumference measurements

Answer: B

Explanation:

The Body Mass Index (BMI) is a height-to-weight ratio that provides a general indication of whether an individual falls into categories such as underweight, healthy weight, overweight, or obese. The NASM CPT7 Study Guide defines BMI as "a measurement of a person's weight in relation to their height" and notes that it is calculated by dividing body weight in kilograms by height in meters squared (kg/m^2).

NASM emphasizes that BMI is a quick, noninvasive screening tool that can correlate with population-level health risks-such as increased likelihood of chronic diseases with higher BMI categories-but it does not directly measure body fat percentage or distribution.

Other measures, such as waist-to-hip ratio and circumference measurements, assess fat distribution and shape but are not part of the BMI calculation. While BMI cannot distinguish between fat and lean mass (e.g., athletes may have high BMI due to muscle mass), it remains widely used for public health classification and initial fitness assessments. Therefore, BMI specifically classifies health status based on the height-to-weight ratio.

NEW QUESTION # 58

Which of the following is a result of an intense aerobic conditioning program?

- A. Building new mitochondria
- B. Increased myofibril hypertrophy
- C. Reduced contractile protein synthesis
- D. Reduced bone density

Answer: D

NEW QUESTION # 59

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