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NASM Certified Personal Trainer Exam Sample Questions (Q13-Q18):

NEW QUESTION # 13

If a client is taking prescription medications, the personal trainer should

- A. Refer the client to a naturopath who can recommend herbal options in place of the current medications
- B. Research the medications and recommend an alternative medication that might not interfere with training
- C. Advise the client to stop taking the medications only on training days
- D. Request the client contact a qualified medical professional for clearance to start an exercise program

Answer: D

NEW QUESTION # 14

Which of the following is a strong stretchy band of fibrous tissue that connects bones to other bones?

- A. Ligament
- B. Tendon
- C. Cartilage
- D. Muscle

Answer: A

NEW QUESTION # 15

A trainer is working with a client during a ball squat. Which of the following is an appropriate auditory cue?

- A. "Lean back on the ball."
- B. "Keep knees in front of your toes."
- C. "Keep feet pointed straight ahead."
- **D. "Keep knees aligned with big toe."**

Answer: D

Explanation:

Comprehensive Detailed Explanation

When performing a ball squat, correct lower body alignment is essential to prevent knee valgus or varus and reduce injury risk. The NASM CPT7 Study Guide emphasizes that knees should track in line with the second and third toes (often cued as "aligned with the big toe" for simplicity) during squatting and lunging movements.

This alignment ensures that the force is distributed evenly through the hip, knee, and ankle, preventing excess stress on ligaments.

"Keep knees in front of your toes" (Option A) is incorrect-knees should not pass excessively in front of the toes. "Keep feet pointed straight ahead" (Option B) is good for foot alignment but doesn't address knee tracking directly. "Lean back on the ball" (Option D) is not a universal cue and can promote improper weight distribution. Thus, "Keep knees aligned with big toe" is the most appropriate form-maintenance cue.

NEW QUESTION # 16

A trainer is working with a client who has been struggling to fit in his workouts. Which of the following actions should the trainer take?

- A. Address the client's lack of discipline and compliance.
- B. Redesign the client's workout program around a new goal.
- **C. Discuss the client's social support structure.**
- D. Suggest that the client set multiple goals at one time.

Answer: C

Explanation:

NASM's behavioral coaching and psychology of exercise sections highlight that social support is one of the strongest influences on exercise adherence. The Study Guide explains that "social support consists of a source (who or what provides it) and a type (instrumental, emotional, informational, and companionship), and clients will have different needs and expectations of social support."

When a client struggles to fit workouts into their life, the trainer's role is to identify potential barriers, such as lack of time, convenience, or support from family and friends, and then work collaboratively to create realistic solutions. Discussing the client's social support structure helps uncover if others can provide instrumental support (childcare, transportation), emotional support (encouragement), or companionship (workout partners). This aligns with NASM's guidance to focus on overcoming barriers, rather than criticizing discipline or making abrupt program changes unrelated to the root cause. Setting multiple new goals at once can overwhelm the client, reducing adherence.

Therefore, addressing the support system provides a foundation for sustainable workout integration.

NEW QUESTION # 17

Which of the following is one of the four P's of a marketing plan?

- **A. Product**
- B. Profession
- C. Payroll
- D. Performance

Answer: A

Explanation:

The Four P's of marketing-Product, Price, Promotion, and Place-are a foundational business concept emphasized in the NASM

CPT7 Study Guide. NASM states: "The Four Ps of marketing include product, price, promotion, and place". In a personal training context, the "product" refers to the actual service or program offered-such as private sessions, group training, or online coaching-and the value it brings to the client. It's the core of the marketing message because it defines what you're selling. The other Ps address cost (price), awareness (promotion), and delivery method/location (place). The options profession, performance, and payroll are not part of this established framework. Thus, "Product" is the correct choice.

NEW QUESTION # 18

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