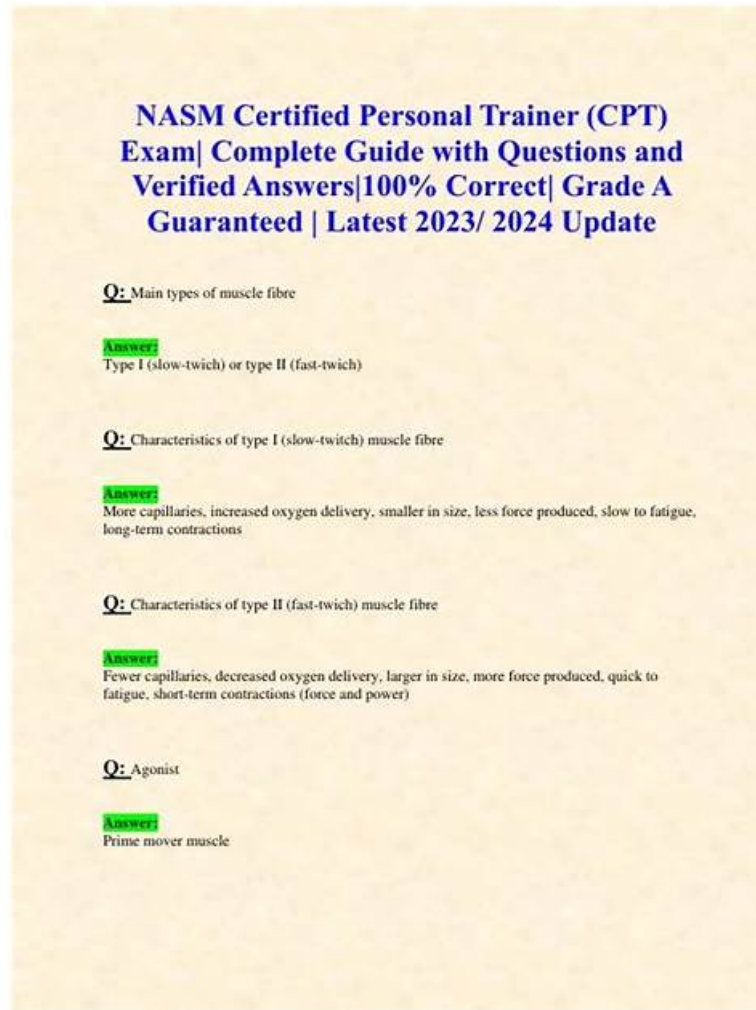


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## NASM Certified Personal Trainer Exam Sample Questions (Q43-Q48):

### NEW QUESTION # 43

What system is made up of glands that mainly use hormones as information messengers?

- A. Muscular
- B. Immune
- C. Nervous
- **D. Endocrine**

**Answer: D**

### NEW QUESTION # 44

Which of the following is an example of an objective assessment?

- A. Medical history questionnaire
- B. General health history questionnaire
- **C. Overhead squat assessment**
- D. Lifestyle questionnaire

**Answer: C**

Explanation:

An objective assessment involves measurable, observable data collected through tests or direct observation.

The NASM CPT7 Study Guide lists the overhead squat assessment (OHSA) as part of the movement assessments category under objective data collection.

Medical history questionnaires, lifestyle questionnaires, and general health history questionnaires are subjective assessments, relying on client self-reports. The OHSA objectively identifies movement compensations, joint alignment issues, and muscle imbalances, making it a direct and measurable fitness assessment.

### NEW QUESTION # 45

A trainer notices that a client's arms fall forward during an overhead squat assessment. Which of the following muscles may be underactive?

- A. Latissimus dorsi
- B. Erector spinae
- C. Pectoralis minor
- **D. Lower trapezius**

**Answer: D**

Explanation:

When a client's arms fall forward during the Overhead Squat Assessment, NASM identifies this as an indication of overactive/shortened muscles (e.g., latissimus dorsi, pectoralis major/minor, teres major) and underactive/lengthened muscles such as the lower trapezius, middle trapezius, rhomboids, and rotator cuff.

The lower trapezius plays a critical role in scapular depression and upward rotation, helping keep the arms aligned overhead.

Weakness in this muscle allows the scapulae to tip forward, contributing to the observed compensation. Strengthening the lower trapezius improves shoulder stability and posture during overhead movements. This is supported in NASM's corrective exercise strategies for the shoulder complex in the movement assessments section.

### NEW QUESTION # 46

A personal trainer uses a heart rate monitor during a client's training session to provide which of the following types of feedback?

- A. Mechanical

- B. Internal
- **C. External**
- D. Sensory

**Answer: C**

Explanation:

NASM defines external feedback as information provided by an outside source - such as a trainer, mirror, video, or device - to help a client understand their performance. A heart rate monitor delivers real-time data from an external device, which the trainer can use to guide intensity adjustments. This differs from internal feedback, which comes from a client's own sensory awareness (e.g., perceived exertion). External feedback tools are essential in monitoring physiological responses and ensuring clients work within safe and effective training zones .

#### **NEW QUESTION # 47**

A trainer observes that a client's knees turn in during an overhead squat assessment. Which of the following exercises should the trainer recommend?

- A. Hamstring curl
- **B. Lateral tube walking**
- C. Seated leg press
- D. Hip adduction

**Answer: B**

Explanation:

When a client's knees turn inward during the overhead squat assessment, NASM identifies probable overactive and underactive muscles. Underactive muscles often include the gluteus medius and maximus.

Corrective strategies involve strengthening these abductors, and lateral tube walking is a targeted exercise for the gluteus medius, which helps control femoral internal rotation and knee valgus. The guide emphasizes integrating these corrective exercises into a full warm-up or stabilization phase to address faulty movement patterns .

#### **NEW QUESTION # 48**

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