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HISTORY								
Type of history	History of present illness (HPI)	Review of systems (ROS)	Past, family, and/or social history (PFSH)	CPT code initial hospital care	CPT code hospital consult	Initial observation care	Observe/discharge same date	Emergency department (ED) visit
Detailed	Extended (4)	Extended (2-9)	Pertinent (1)	99221	99253	99218	99234	99284
Comprehensive	Extended (4)	Complete (10)	Complete (2-3)	99222/ 99223	99254/ 99255	99219/ 99220	99235/ 99236	99285
EXAMINATION								
Type of examination	Body areas/ organ systems			CPT code initial hospital care	CPT code hospital consult	Initial observation care	Observe/discharge same date	ED visit
Detailed	An extended examination of the affected body area(s) or organ system(s) and any other symptomatic or related body area(s) or organ system(s) Twelve elements from at least two body areas/organ systems			99221	99253	99218	99234	99284
Comprehensive (8 of 12)	A general multisystem examination, or complete examination of a single organ system and other symptomatic or related body area(s) or organ system(s) At least two elements each from nine body areas/organ systems			99222/ 99223	99254/ 99255	99219/ 99220	99235/ 99236	99285
MEDICAL DECISION MAKING								
Type of decision making	Number of diagnosis or management options	Amount and/or complexity of data to be reviewed	Risk of complications and/or morbidity or mortality	CPT code initial hospital care	CPT code hospital consult	Initial observation care	Observe/discharge same date	ED visit
Low complexity	Limited	Limited	Low	99221	99253	99218	99234	99282
Moderate complexity	Multiple	Moderate	Moderate	99222	99254	99219	99235	99283/ 99284
High complexity	Extensive	Extensive	High	99223	99255	99220	99236	99285

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NASM Certified Personal Trainer Exam Sample Questions (Q168-Q173):

NEW QUESTION # 168

What is an appropriate assessment for testing muscular endurance?

- A. Zigzag test
- B. 3-minute step test
- C. Pushup test
- D. 1RM bench press test

Answer: C

NEW QUESTION # 169

Which of the following is the appropriate programming for a client who is in Stage 2 of cardiorespiratory training?

- A. Increase the speed every 2 min.
- B. Increase speed after 5 min, then decrease for 5 min. Repeat.
- C. Maintain beginning pace for 3 min, then increase for 1 min. Repeat.
- D. Maintain the pace for the entire cardiorespiratory session.

Answer: C

Explanation:

For clients in Stage 2 cardiorespiratory training, the NASM CPT7 Study Guide prescribes alternating between a moderate-intensity base pace and brief intervals at a higher intensity. Specifically, the recommended method is to maintain the starting pace for approximately 3 minutes, followed by a 1-minute increase in intensity (e.

g., faster speed or steeper incline), then returning to the base pace. This interval pattern is repeated for the duration of the session. The purpose is to introduce higher-intensity work without overwhelming the client, helping to develop aerobic efficiency and the ability to recover quickly between bouts of harder work .

NEW QUESTION # 170

When a client performs a rotation chest pass, what is the proper position for the pivoting back leg?

- A. Triple extension
- B. Dorsiflexion
- C. Triple flexion
- D. Hyperextension

Answer: A

Explanation:

A rotation chest pass in a power training context uses a pivot of the back leg to generate rotational force.

Proper mechanics require triple extension-simultaneous extension at the hip, knee, and ankle-to produce maximum power from the lower body through the kinetic chain. This extension helps transfer force from the ground through the core to the upper body and into the throw. NASM emphasizes that triple extension is critical in movements involving force generation like sprints, jumps, and rotational throws. Triple flexion is the opposite movement (hip, knee, ankle flexion) and occurs during load absorption phases.

NEW QUESTION # 171

A trainer is working with a client who is obese. If the trainer is unable to assess the intensity via the client's heart rate, which of the following should the trainer use to determine exertion?

- A. Karvonen method
- B. Rockport walk test
- C. Talk test
- D. YMCA 3-minute step test

Answer: C

Explanation:

When heart rate monitoring is not feasible-common with certain populations such as clients with obesity- the NASM CPT7 Study Guide recommends using the talk test to gauge exercise intensity.

The talk test is a simple, validated method where the ability to converse during exercise indicates intensity:

Comfortable speech = light to moderate intensity

Speech becomes difficult = approaching vigorous intensity

The Karvonen method (Option A) requires heart rate data, the Rockport walk test (Option C) is a submaximal VO₂ assessment, and the YMCA 3-minute step test (Option D) is another aerobic capacity test-neither is intended for real-time session monitoring without heart rate. Therefore, the correct method is the talk test.

NEW QUESTION # 172

Static and dynamic stretching, when properly timed, in a client's routine have been shown to

- A. Increase muscle reaction time
- B. Improve 1RM when stretches occur just before a set
- C. Increase the hypertonic state of muscle
- D. Improve biomechanical function of muscles and joints

Answer: D

NEW QUESTION # 173

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