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## NASM Certified Personal Trainer Exam Sample Questions (Q196-Q201):

### NEW QUESTION # 196

What is stroke volume (SV)?

- A. The duration of time that it takes to complete a cycle of blood movement throughout the cardiac system.
- **B. The actual volume of blood pumped from the left ventricle of the heart in one beat.**
- C. The measured volume of blood that is pumped throughout the cardiac system in one cycle.
- D. The duration of time and volume ratio that exists between the beginning and end of the cardiac system cycle.

**Answer: B**

### NEW QUESTION # 197

The Karvonen formula is the recommended method for calculating

- A. VO2 max
- **B. Exercise heart rate**
- C. Resting heart rate

- D. Percent body fat

**Answer: B**

#### NEW QUESTION # 198

Which of the following exercises is a regression in intensity from a box jump-up with stabilization?

- A. Horizontal jump with stabilization
- **B. Box jump-down with stabilization**
- C. Squat jump with stabilization
- D. Transverse jump with stabilization

**Answer: B**

Explanation:

NASM's plyometric training progressions and regressions are based on the force and stability demands of an exercise. A box jump-up with stabilization requires explosive concentric force to jump vertically onto a platform, followed by an isometric hold. A box jump-down with stabilization removes the explosive vertical propulsion requirement and instead focuses on eccentric force absorption and landing mechanics, which generally reduces intensity.

Horizontal jumps, squat jumps, and transverse jumps with stabilization typically demand more power output or multi-planar coordination than a controlled step/landing from a box. Thus, among the listed choices, the box jump-down with stabilization is the regression because it lowers concentric demand while still training landing control and joint stabilization-making it safer for clients not yet ready for the more intense jump-up variations.

#### NEW QUESTION # 199

Which of the following best describes the end-range position of the knees during the cable lift?

- A. Flexion
- B. Adduction
- **C. Extension**
- D. Abduction

**Answer: C**

Explanation:

In a cable lift (a low-to-high diagonal pattern), the lower body drives the movement by extending through the ankles, knees, and hips to transmit force upward. At the end of this drive, the knees are in an extended position-making extension the correct end-range description. This aligns with NASM's movement science framework for sagittal plane joint actions at the knee.

From the NASM CPT7 Study Guide's movement section: "Movement is described in three dimensions that are based on planes, which include the sagittal, frontal, and transverse planes." Within the sagittal plane,

"Movements in the sagittal plane include flexion and extension and plantar flexion and dorsiflexion of the foot and ankle." During a ground-driven lift pattern, the body uses a closed-chain strategy: "Closed-chain movements anchor the body to the ground or immovable object," which is typical when initiating powerful upward motions from the legs. NASM also describes how efficient force production unfolds: the "integrated performance paradigm" indicates that to move efficiently, "forces must be dampened (eccentrically), stabilized (isometrically), and then accelerated (concentrically)." In the cable lift, the knee flexes slightly to load (eccentric/stabilize) and then extends concentrically to accelerate the load upward.

Because the knee's sagittal plane action that completes the propulsion phase is extension, the end-range position of the knees-after the drive is completed-is extension. Therefore, among the options provided, B.

Extension precisely matches NASM's definitions and movement sequencing.

#### NEW QUESTION # 200

What number in the image refers to the deltoids?



- A. 0
- B. 1
- C. 2
- D. 3

**Answer: A**

#### NEW QUESTION # 201

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