

Quiz 2025 Unparalleled CPT Questions Answers & Test NASM Certified Personal Trainer Exam Study Guide

BASIC CPT/HCPCS CODING QUIZ

1. What does CPT mean?

Answer Current Procedural Terminology

2. What does HCPCS mean?

Answer Healthcare Common Procedure Coding System

3. What does the dash symbol mean between two codes?

Answer Code Range

4. What is level I coding?

Answer CPT

5. What section does 99201-99499 belong to?

Answer E/M

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The NASM CPT certification exam always gives a tough time to their candidates. So you have to plan well and prepare yourself as per the recommended NASM CPT exam study material. For the quick and complete CPT exam preparation the BraindumpsVCE NASM CPT Practice Test questions are the ideal selection. With the BraindumpsVCE NASM CPT PDF Questions and practice test software, you will get everything that you need to learn, prepare and pass the difficult CPT exam with good scores.

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>> CPT Questions Answers <<

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NASM Certified Personal Trainer Exam Sample Questions (Q82-Q87):

NEW QUESTION # 82

The production of internal tension to overcome external force defines which of the following adaptations?

- A. Stability
- B. Power
- C. Endurance
- D. Strength

Answer: D

Explanation:

NASM defines strength as the ability of the neuromuscular system to produce internal tension to overcome an external force. This is distinct from stability (ability to maintain postural control), endurance (ability to sustain a force for a prolonged time), and power (ability to produce force quickly).

Strength adaptations occur when muscles are challenged with sufficient resistance, leading to improved recruitment of motor units, greater muscle fiber size, and increased force production capacity. The focus is on maximal tension generation, not necessarily the speed of movement (as with power).

NEW QUESTION # 83

Which of the following dynamic flexibility distortion patterns will create abnormal stress throughout the kinetic chain?

- A. Eversion of the foot
- B. Neutrality of the lumbo-pelvic-hip complex
- C. Neutrality of the scapulae
- D. Patella tracking parallel with the foot

Answer: A

Explanation:

In NASM's Human Movement Science section, dynamic flexibility distortion patterns are described as abnormal joint motion or posture during movement that can place undue stress on the kinetic chain. The frontal plane movements of the foot and ankle include eversion and inversion. NASM emphasizes that altered motion at the foot-such as excessive eversion-can disrupt alignment up the kinetic chain, impacting the knee, hip, and even shoulder positioning. The Study Guide notes that "the frontal plane... movements... include abduction and adduction of the limbs, lateral flexion of the spine, and eversion and inversion at the foot and ankle complex." Excessive or poorly controlled eversion creates misalignment, leading to compensations such as knee valgus or excessive internal rotation of the femur. This, in turn, changes forces experienced by the lumbo-pelvic-hip complex (LPHC) and upper body. Such compensatory movement patterns are directly linked to increased injury risk, especially in the knee and lower back, and are common in overuse injuries. In contrast, "neutrality" of the LPHC or scapulae indicates correct posture, and proper patella tracking is a positive alignment characteristic-not a distortion. Therefore, eversion of the foot fits NASM's definition of a dynamic flexibility distortion pattern that "creates abnormal stress throughout the kinetic chain" by disrupting the optimal length-tension and joint alignment necessary for efficient movement.

NEW QUESTION # 84

A client reports acute knee pain while performing squats. As the trainer, the appropriate course of action is to stop the exercise and

- A. Incorporate corrective exercises until the issue is resolved.
- B. Ask the client if they can work through the pain.
- C. Have the client perform static stretches.
- D. Refer the client to a medical professional.

Answer: D

NEW QUESTION # 85

When a person holds a plank position without any mechanical movement, what type of muscle contraction is occurring?

- A. Isokinetic
- B. Concentric
- C. Isometric
- D. Eccentric

Answer: C

NEW QUESTION # 86

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

- A. External
- B. Internal
- C. Mechanical
- D. Sensory

Answer: A

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 # 87

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