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Extrinsic Motivation - ANSWER-When someone does something for rewards or motivation

Intrinsic Motivation - ANSWER-Comes from within, strongly related to long-term adherence

Active Listening - ANSWER-Having a genuine interest in understanding the clients health and fitness goals, including asking appropriate questions, avoiding distractions and inner dialogue, and providing appropriate feedback.

Motivational Interviewing - ANSWER-Style of coaching used to enhance intrinsic motivation

Central Nervous System (CNS) - ANSWER-brain and spinal cord

Peripheral Nervous System (PNS) - ANSWER-somatic and autonomic nervous system, contains different types of sensory receptors

skeletal system - ANSWER-Protects and supports body organs and provides a framework the muscles use to support movement

Osteokinematics - ANSWER-movement of bones around a joint axis

Synovial Joints - ANSWER-freely movable, made up of: gliding, condyloid, hinge, saddle, pivot, ball-and-socket

All or nothing principle - ANSWER-A motor unit either contracts maximally or not at all

Type I (slow twitch) - ANSWER-Smaller in size, produce less force, fatigue resistant

Type II (fast twitch) - ANSWER-Larger in size, produce more force, fatigue quickly

Cardiorespiratory System - ANSWER-Heart, blood, blood vessels, lungs

Respiratory system - ANSWER-Respiratory airways, lungs, respiratory muscles

Normal respiratory rate - ANSWER-12-16 breaths per minute, relies primarily on the diaphragm and intercostals

Abnormal breathing - ANSWER-Shallow breaths, associated with use of sternocleidomastoid, upper trapezius, or scalene.

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NASM Certified Personal Trainer Exam Sample Questions (Q85-Q90):

NEW QUESTION # 85

The MOST valuable evaluation tool to a personal trainer for a weight loss client is

- A. Strength test
- B. Cardiovascular test
- **C. Body composition test**
- D. Muscular test

Answer: C

NEW QUESTION # 86

Which of the following is included in lipids?

- A. Polysaccharides
- B. Glycine
- **C. Triglycerides**
- D. Amino acids

Answer: C

Explanation:

Lipids-commonly referred to as fats-include triglycerides, phospholipids, and sterols. The NASM Study Guide specifies: "Lipids are commonly referred to as fats and include triglycerides, phospholipids, and sterols." Triglycerides are the primary form of fat stored in the body and a major energy reserve, especially for prolonged, lower-intensity activity. Each triglyceride molecule consists of glycerol bound to three fatty acids. In contrast, glycine and amino acids are protein components, and polysaccharides are complex carbohydrates (e.g., starches). Lipids are energy dense (9 kcal/gram) and serve not only as a long-term energy source but also play roles in cell membrane integrity, hormone production, and nutrient absorption. Including triglycerides in the definition of lipids aligns directly with NASM's nutritional science section.

NEW QUESTION # 87

Which of the following is the primary function of the skeletal system?

- A. Responds to changes in the external environment
- B. Generates internal tension to produce movement
- C. Controls kinesthetic motor responses
- **D. Performs as levers when acted upon by muscles**

Answer: D

Explanation:

The NASM CPT7 Study Guide states that one of the skeletal system's core functions is to provide the rigid framework that supports the body and serves as levers for movement when acted upon by muscles.

Specifically, "Human bones act as attachment sites and levers (rigid rods) to produce movement when muscles contract." Muscles generate the force, but it is the skeletal structure-through the interaction of bones, joints, and connective tissues-that converts that force into purposeful motion. This lever system can be first-, second-, or third-class, with most human movements involving third-class levers. The other options describe the functions of different body systems: generating internal tension is the role of the muscular system, responding to external stimuli is primarily the nervous system's role, and kinesthetic motor control involves integration between the nervous and muscular systems. Thus, the primary skeletal function relevant here is acting as levers in conjunction with muscle contractions to facilitate movement.

NEW QUESTION # 88

Which muscle tissue type allows for vasoconstriction and vasodilation?

- A. Cardiac
- B. Skeletal
- C. Striated
- **D. Smooth**

Answer: D

NEW QUESTION # 89

A trainer sees a client three days per week and works two muscle groups per day. Which of the following training systems is the trainer using?

- **A. Split-routine**
- B. Superset
- C. Pyramid
- D. Circuit training

Answer: A

Explanation:

A split-routine training system involves working different muscle groups on different days. The NASM CPT7 Study Guide describes this as an effective approach for clients training multiple times per week who want to increase training volume for specific muscle groups.

In the example, the trainer sees the client three days per week and trains two muscle groups per day—a textbook split routine (e.g., chest/triceps on day one, back/biceps on day two, legs/shoulders on day three).

By contrast:

Superset alternates two exercises with minimal rest.

Pyramid changes the weight and reps across sets.

Circuit training involves moving quickly between exercises targeting different muscle groups in sequence.

Therefore, the system described is split-routine.

NEW QUESTION # 90

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