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NASM Certified Personal Trainer Exam Sample Questions (Q139-Q144):

NEW QUESTION # 139

A client has mastered the single-leg squat on the floor. Which of the following is a proprioceptive and challenging progression?

- A. Single-leg squat on a Dyna disc
- B. Single-leg squat on an Airex pad
- C. Two-leg squat on Dyna disc
- D. Two-leg squat on floor

Answer: A

Explanation:

NASM's balance progression principles move from stable # less stable # unstable surfaces, while keeping proper form. A single-leg squat on a Dyna disc is more proprioceptively challenging than doing it on the floor or even on an Airex pad because the Dyna disc creates multidirectional instability.

Two-leg squats, even on unstable surfaces, are less challenging for balance than single-leg squats. Therefore, progressing from single-leg squat on the floor to single-leg squat on a Dyna disc follows the recommended instability progression.

NEW QUESTION # 140

During a single-leg squat assessment, a client's knee moves inward. Which of the following muscles should the client strengthen?

- A. TFL
- B. Adductor complex
- C. VMO
- D. Biceps femoris

Answer: C

Explanation:

In the single-leg squat assessment, inward knee movement (knee valgus) indicates a lack of frontal-plane knee stability, often caused by underactivity in the vastus medialis oblique (VMO) and gluteus medius. The NASM CPT7 Study Guide identifies the VMO as a critical stabilizer of the patella and knee joint, especially in terminal extension.

Overactive muscles in this compensation often include the adductor complex and tensor fascia latae (TFL), which pull the knee inward. Strengthening the VMO and gluteus medius improves knee tracking, preventing valgus collapse. Therefore, VMO strengthening is essential for correcting this compensation.

NEW QUESTION # 141

A realistic goal for a client needing to lose 50 pounds is

- A. 50 pounds in 10 weeks
- B. 1 pound per day
- C. 2 pounds a week
- D. 20 pounds in one month

Answer: C

NEW QUESTION # 142

Exercises which create sport-specific skill adaptations need to

- A. be low intensity
- B. duplicate the desired movement
- C. incorporate isometric contractions
- D. be performed on the weight machines

Answer: B

NEW QUESTION # 143

A client who uses the erector spinae to perform a hip extension is exhibiting which of the following?

- A. Autogenic inhibition
- B. Reciprocal inhibition
- C. Synergistic dominance
- D. Neuromuscular efficiency

Answer: C

Explanation:

Synergistic dominance occurs when synergist muscles compensate for a weak or inhibited prime mover, taking over its primary function. In this case, the erector spinae—normally a spinal stabilizer—are performing hip extension instead of the gluteus maximus, which is the prime mover for that action.

The NASM CPT7 Study Guide explains that altered length-tension relationships and poor neuromuscular recruitment patterns can cause helper muscles to dominate, leading to inefficient movement and potential injury.

This is distinct from reciprocal inhibition (agonist-antagonist relationship), autogenic inhibition (GTO-mediated relaxation), and neuromuscular efficiency (optimal recruitment patterns).

NEW QUESTION # 144

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