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CPT PRACTICE EXAM QUESTIONS & ANSWERS 2023/2024

What is the recommended daily intake for carbohydrates? - ANSWER-6-10, 6, 10

When an exercise is high intensity and lasts about 10 seconds, which of the following energy pathways is predominantly in use? - ANSWER-ATP-PC

What measurement needs to be taken prior to the start of the Rockport walk test? - ANSWER-WEIGHT

While performing the overhead squat assessment, the personal trainer observes a client demonstrating a low back arch movement dysfunction. Which of the following muscles is probably overactive? - ANSWER-LATS

During the descent of a single-leg squat, a client's knee moves inward. Which of the following muscles should the trainer recognize as requiring static stretching? - ANSWER-VASTUS LATERALIS

Which of the following tests estimates an individual's cardiorespiratory fitness level on the basis of a submaximal bout of stair climbing at a set pace for a standard time limit? - ANSWER-YMCA, YMCA 3 MINUTE STEP TEST

Which of the following is a performance assessment test used to measure upper-extremity agility and stabilization? - ANSWER-DAVIES, DAVIES TEST

Which method, also known as the Karvonen method, is used for establishing training intensity based on the difference between a client's predicted maximal heart rate and his or her resting heart rate? - ANSWER-HRR

Low-volume training with high intensity increases which of the following? - ANSWER-RATE OF FORCE (PRODUCTION)

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NASM Certified Personal Trainer Exam Sample Questions (Q164-Q169):

NEW QUESTION # 164

In order for exhalation to occur, the diaphragm

- A. relaxes, increasing air volume in the lungs.
- **B. relaxes, decreasing air volume in the lungs.**
- C. contracts, increasing air volume in the lungs.
- D. contracts, decreasing air volume in the lungs.

Answer: B

NEW QUESTION # 165

What is flexibility?

- A. The capacity for muscles to contract with maximal force production.
- B. The muscle tension that is achieved through the stretch.
- **C. The ability to move muscles and joints through their full range of motion.**
- D. The ability to maintain a stretch for an increasing amount of time.

Answer: C

NEW QUESTION # 166

The S.A.I.D. principle applies primarily to

- A. The adaptations for flexibility resulting from dynamic stretching prior to the activity
- B. Deficiencies in the body's ability to adapt to athletic training modalities
- C. Assessment measures for 1RM and VO₂ Max for the respective sport
- **D. The training effect that is specific to the activity being performed**

Answer: D

NEW QUESTION # 167

Which of the following would achieve similar results compared to Olympic weightlifting for the sport-specific client?

- A. Neuromuscular facilitation
- **B. Compensatory acceleration**
- C. Circuit training
- D. Antagonistic training

Answer: B

NEW QUESTION # 168

Which of the following is the recommended rest interval when performing a circuit for phase five resistance training?

- **A. 0 to 30 seconds**
- B. 1 to 2 min
- C. 31 to 59 seconds
- D. 3 to 5 min

Answer: A

Explanation:

In Phase 5: Power Training of the OPT model, the recommended rest intervals during circuit-style resistance training are typically 0 to 30 seconds between exercises to maintain high intensity while challenging the neuromuscular system. NASM specifies that short rest intervals in circuit formats improve both muscular endurance and caloric expenditure, especially when alternating between

strength and power moves. Although maximal power efforts sometimes require longer rest (1-5 min) for full recovery, in a circuit for Phase 5, the goal is to keep the heart rate elevated and transition quickly between paired strength and power exercises.

NEW QUESTION # 169

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