

Your Trusted Partner for CPT Exam Questions

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)

During the process of using our CPT study materials, you focus yourself on the exam bank within the given time, and we will refer to the real exam time to set your CPT practice time, which will make you feel the actual exam environment and build up confidence. Not only that you can get to know the real questions and answers of the CPT Exam, but also you can adjust yourself to the real pace of the CPT exam.

With the help of our CPT study guide, you can adjust yourself to the exam speed and stay alert according to the time-keeper that we set on our CPT training materials. Therefore, you can trust on our CPT exam materials for this effective simulation function will eventually improve your efficiency and assist you to succeed in the CPT Exam. And we believe you will pass the CPT exam just like the other people!

>> [CPT Reliable Practice Materials](#) <<

Perfect CPT Reliable Practice Materials | Amazing Pass Rate For CPT Exam | High Pass-Rate CPT: NASM Certified Personal Trainer Exam

The practice exams (desktop and web-based) are customizable, meaning you can set the NASM Certified Personal Trainer Exam (CPT) questions and time according to your needs to improve your preparation for the Professional NASM CPT certification test. You can give multiple practice tests to improve yourself and even access the result of previously given tests from the history to avoid mistakes while taking the NASM Certified Personal Trainer Exam (CPT) test. The practice tests have been made according to the latest pattern so you can practice in real NASM Certified Personal Trainer Exam (CPT) exam environment and improve yourself

daily.

NASM Certified Personal Trainer Exam Sample Questions (Q59-Q64):

NEW QUESTION # 59

Which of the following muscle types acts as a prime mover?

- A. Stabilizer
- B. Antagonist
- C. Synergist
- D. **Agonist**

Answer: D

Explanation:

In NASM terminology, the agonist is the prime mover - the muscle most responsible for generating the main force in a movement. For example, in a squat, the gluteus maximus is an agonist for hip extension. The CPT7 Study Guide explains that while synergists assist and stabilizers hold posture, the agonist drives the movement. Antagonists oppose the prime mover to control motion and allow coordinated action. Correct identification of agonists is critical for program design and targeting specific adaptations .

NEW QUESTION # 60

The NFPT-recommended recovery heart rate for a client with a size/strength goal is

- A. 100 beats per minute (BPM)
- B. 115 BPM
- C. 140 BPM
- D. **125 BPM**

Answer: D

NEW QUESTION # 61

Which of the following methods for prescribing cardiorespiratory exercise intensity includes a client's predicted maximal and resting heart rate?

- A. Peak Maximal Heart Rate (MHR)
- B. Peak VO₂
- C. **HR Reserve (HRR)**
- D. Peak Metabolic Equivalent (MET)

Answer: C

Explanation:

The Heart Rate Reserve (HRR) method, also called the Karvonen formula, uses both a client's predicted maximal heart rate and their resting heart rate to determine appropriate training intensities. The NASM CPT7 Study Guide notes that this method accounts for individual differences in resting heart rate, providing a more personalized target zone than the Peak Maximal Heart Rate (MHR) method, which uses only age-predicted maximum. The formula is:

Target HR = [(HR_{max} # HR_{rest}) × %Intensity] + HR_{rest}.

NEW QUESTION # 62

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

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

Answer: C

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 # 63

When training a client that has a goal to improve power, what exercise would be MOST appropriate?

- A. Box jumps
- B. Pushups
- C. Pull ups
- D. Leg press

Answer: A

NEW QUESTION # 64

.....

With CPT training quiz, you only need to pay half the money to get the help of the most authoritative experts. CPT exam questions are also equipped with a mock examination function, that allowing you to find your own weaknesses at any time during the learning process of our CPT Study Materials, and to constantly improve your own learning methods. It also allows you to familiarize yourself with the examination environment in advance that helps you to avoid any emergency in the exam.

Exam CPT Simulator Online: <https://www.it-tests.com/CPT.html>

We guarantee our CPT dumps PDF can actually help every users pass exams, if you fail exam, we will refund full dumps cost to you soon unconditionally, The It-Tests CPT certification exam assists you to climb the corporate ladder easily and helps you to achieve your professional career objectives, You can improve your understanding of the CPT exam objectives and concepts with the easy-to-understand and actual CPT Exam Questions offered by It-Tests.

Maximizing usability, reusability, accessibility, clarity, security, and performance, CPT The quantity of output in this community is huge, and although there are some discussions about the quality, the more pressing problem is one of scale.

2025 Realistic CPT Reliable Practice Materials - Exam NASM Certified Personal Trainer Exam Simulator Online Free PDF

We guarantee our CPT Dumps PDF can actually help every users pass exams, if you fail exam, we will refund full dumps cost to you soon unconditionally, The It-Tests CPT certification exam assists you to climb the corporate ladder easily and helps you to achieve your professional career objectives.

You can improve your understanding of the CPT exam objectives and concepts with the easy-to-understand and actual CPT Exam Questions offered by It-Tests.

So once we apply for the exam we would like to pass exam just once, Most candidates want to pass CPT Certification exam but couldn't find the best way to prepare it.

- Pass CPT Exam Confidently with www.testsdumps.com Real Dumps ✧ Enter **【 www.testsdumps.com 】** and search for ⇒ CPT ⇨ to download for free ✴ Verified CPT Answers
- Realistic NASM CPT Reliable Practice Materials Pass Guaranteed ☐ Download [CPT] for free by simply entering **(www.pdfvce.com)** website ☐ CPT Reliable Exam Vce

- Verified CPT Answers □ CPT Latest Exam Preparation □ CPT Updated CBT □ Open www.real4dumps.com □ enter « CPT » and obtain a free download □ CPT Certification Book Torrent
- CPT Most Reliable Questions □ CPT Certification Book Torrent □ CPT Reliable Test Review □ The page for free download of CPT □ on www.pdfvce.com □ will open immediately □ Cert CPT Exam
- 100% Pass Quiz NASM - CPT - Latest NASM Certified Personal Trainer Exam Reliable Practice Materials □ ► www.examcollectionpass.com □ is best website to obtain □ CPT □ for free download □ CPT Updated CBT
- Pass CPT Exam Confidently with Pdfvce Real Dumps □ Copy URL □ www.pdfvce.com □ open and search for ➤ CPT □ to download for free □ CPT Latest Exam Preparation
- Realistic NASM CPT Reliable Practice Materials Pass Guaranteed □ The page for free download of CPT □ on [www.prep4away.com] will open immediately □ Verified CPT Answers
- 100% Pass Quiz NASM - CPT - Latest NASM Certified Personal Trainer Exam Reliable Practice Materials □ Download ➔ CPT □ for free by simply searching on « www.pdfvce.com » □ Exam CPT Vce
- Top CPT Reliable Practice Materials - High-quality CPT Exam Tool Guarantee Purchasing Safety □ Search for □ CPT □ and obtain a free download on [www.real4dumps.com] ➡ CPT Question Explanations
- CPT Authorized Certification □ Valid Dumps CPT Ppt □ CPT Valid Dumps Demo □ Search for ➤ CPT □ on www.pdfvce.com □ ✓ □ immediately to obtain a free download □ CPT Clear Exam
- Realistic NASM CPT Reliable Practice Materials Pass Guaranteed □ Copy URL □ www.pass4leader.com □ open and search for (CPT) to download for free □ Verified CPT Answers
- www.stes.tyc.edu.tw, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, myportal.utt.edu.tt, lynda-griffiths.wbs.uni.worc.ac.uk, lms.ait.edu.za, www.51ffff.xyz, pct.edu.pk, daotao.wisebusiness.edu.vn, www.stes.tyc.edu.tw, accountantsfortomorrow.co.za, schoolofgrowthhacking.com, Disposable vapes