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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 (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 VO<sub>2</sub>
- **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 = [(HRmax # HRrest) × %Intensity] + HRrest.

### 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

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