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Practice Questions

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1. Which of the following best describes the endurance phase of a cardio training program?

- A. High intensity and short duration
- B. Low intensity and long duration
- C. Low intensity and short duration
- D. Moderate intensity and long duration

2. In terms of volume and intensity, what are the recommendations during the active rest phase in a non-linear periodization model?

- A. Low intensity, high volume
- B. Moderate intensity, high volume
- C. Low intensity, low volume
- D. High intensity, low volume

3. A client lifts a 30-pound kettlebell 2 feet during each repetition. How much work has she performed if she does 5 sets of 8 repetitions?

- A. 2,400 lb.ft.
- B. 60 lb.ft.
- C. 480 lb.ft.
- D. 1,600 lb.ft.

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4. Which resistance exercise primarily involves hip extension?

- A. Leg extension machine
- B. Seated calf raise
- C. Lat pulldown
- D. Barbell hip thrust



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5. Which of the following factors is not typically adjusted to modify workout intensity?

- A. Number of sets
- B. Rest intervals
- C. Music tempo
- D. Weight lifted

6. All of the following exercises are appropriate for enhancing a client's explosiveness and power except:

- A. Power cleans
- B. Long-distance running
- C. Box jumps
- D. Medicine ball slams

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7. Which of the following is true of strength training for older adults?

- A. Older adults should avoid any form of resistance exercise due to the strain on muscles
- B. Strength training has no significant impact on bone density
- C. It is beneficial for older adults to engage in strength training to improve muscle mass and bone density
- D. Strength training poses high risk of acute injury for older adults

8. Which component of fitness do activities such as yoga and balance board exercises primarily enhance?

- A. Cardiovascular fitness
- B. Neuromotor exercise
- C. Flexibility
- D. Muscular endurance

9. Which type of muscular activity is primarily involved during the downward phase of a squat?

- A. Eccentric contractions
- B. Concentric contractions
- C. Isotonic contractions
- D. Isometric contractions

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10. Which type of client would benefit most from incorporating high-intensity interval training (HIIT) into their cardiovascular program?

- A. Elderly
- B. Advanced
- C. Beginner
- D. Intermediate

11. Your client is performing dynamic stretches as part of their warm-up routine. If each dynamic stretch is performed for 15 seconds, how many sets should they perform to meet the minimum recommended warm-up time of 90 seconds for each muscle group?

- A. 5
- B. 6
- C. 4
- D. 8

12. Which group of individuals would benefit the most from incorporating balance training into their exercise regimen?

- A. Novice exercisers
- B. Individuals with hypertension
- C. Athletes
- D. Older adults

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13. When incorporating plyometric exercises into a resistance training program, what is the recommended range of repetitions to perform per set?

- A. 6-8 repetitions
- B. 8-12 repetitions
- C. 12-15 repetitions
- D. 1-6 repetitions

14. All of the following are effective strategies for motivating a client during exercise except:

- A. Offering support and encouragement
- B. Highlighting past failures and weaknesses
- C. Setting achievable goals
- D. Providing positive feedback



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15. How much water should a 150-pound individual consume as part of their pre-exercise hydration strategy?

- A. 700 to 1000 ml
- B. 100 to 200 ml
- C. 340 to 680 ml
- D. 200 to 500 ml

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16. Which of the following exercise routines includes a high-intensity interval training (HIIT) component?

- A. A yoga session focusing on flexibility and breathing techniques
- B. A routine with low-intensity walking for 45 minutes
- C. A routine with multiple sets of sprinting for 1 minute with 1 minute rest periods
- D. A routine consisting solely of steady-state jogging for 30 minutes

17. Which of the following is not a stage in the Transtheoretical Model (TTM) of behavior change?

- A. Determination
- B. Precontemplation
- C. Contemplation
- D. Preparation

18. All of the following are examples of aerobic exercises except:

- A. Cycling
- B. Running
- C. Weightlifting
- D. Swimming

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19. During a fitness assessment, a client performs a skinfold test to estimate body fat percentage. Which body tissue is expected to show the highest measurement in thickness at the triceps site?

- A. Adipose tissue
- B. Skin
- C. Muscle tissue
- D. Connective tissue

20. During an initial consultation, which aspect may require further probing to better understand the client's current health status?

- A. Workout routine preferences
- B. Nutritional habits
- C. Sleep patterns
- D. Medical history

21. Which of the following calculations is correct for determining the target heart rate range during exercise?

- A. $(220 + \text{age}) \times 0.75$ to $(220 + \text{age}) \times 0.9$
- B. $(220 - \text{age}) \times 0.7$ to $(220 - \text{age}) \times 0.85$
- C. $(220 + \text{age}) \times 0.6$ to $(220 + \text{age}) \times 0.8$
- D. $(220 - \text{age}) \times 0.5$ to $(220 - \text{age}) \times 0.7$

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22. During a fitness assessment, which blood vessel returns oxygen-rich blood from the lungs to the heart?

- A. Pulmonary vein
- B. Pulmonary artery
- C. Aorta
- D. Superior vena cava

23. How does regular cardiovascular exercise typically affect a client's blood pressure over time?

- A. It will increase systolic pressure by 10 to 15 mmHg
- B. It will decrease diastolic pressure by 15 to 20 mmHg
- C. It may increase diastolic pressure by 15 to 20 mmHg
- D. It may decrease systolic pressure by 10 to 15 mmHg



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24. What is the clinical term for a sudden drop in blood pressure upon standing up, which can cause dizziness?

- A. Hypertension
- B. Arrhythmia
- C. Bradycardia
- D. Orthostatic hypotension

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25. All of the following are causes of shoulder impingement except:

- A. Elbow sprains
- B. Repetitive overhead activities
- C. Poor posture
- D. Rotator cuff injuries

26. During the initial phase of a fast-paced sprint, which of the following sensory receptors is primarily responsible for detecting the rapid changes in muscle length?

- A. Joint receptor
- B. Pacinian corpuscle
- C. Muscle spindle
- D. Golgi tendon organ

27. Which of the following body mass index (BMI) values categorizes an adult as obese?

- A. 30.0
- B. 24.9
- C. 18.5
- D. 26.5

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28. Which risk management factor is the most crucial when performing weightlifting exercises with inexperienced clients?

- A. Documenting the weight lifted and number of repetitions
- B. Using only machines instead of free weights
- C. Allowing clients to choose their own weights
- D. Ensuring proper form and spotting



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29. Which of the following is not one of the primary components required to validate a contract in the context of personal training agreements?

- A. Consideration
- B. Danger
- C. Offer
- D. Acceptance

30. Which of the following responsibilities is not typically covered under a personal trainer's professional liability insurance?

- A. Injury to a client
- B. Breach of confidentiality
- C. Product recommendations
- D. Negligence



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Answer Key & Explanations

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1. D — Moderate intensity and long duration

Answer: Moderate intensity and long duration Endurance training focuses on continuous, moderate-intensity exercises sustained over a long duration. This helps improve cardiovascular and muscular endurance by effectively training the heart, lungs, and muscles to function efficiently over extended periods. High intensity and short duration is typically used for interval training, designed to improve speed and power. Low intensity and long duration may be more suitable for active recovery sessions. Low intensity and short duration is generally used for warm-up or cool-down activities rather than endurance training.

2. C — Low intensity, low volume

Answer: Low intensity, low volume. The active rest phase in a non-linear periodization model, also known as undulating periodization, involves variations in intensity and volume to optimize recovery and minimize overtraining. This phase provides a break from high-intensity and high-volume training, allowing the body to recover by significantly decreasing both intensity and volume. This ensures that the athlete maintains some level of physical activity without placing too much stress on the body, preparing them for subsequent training cycles.

3. A — 2,400 lb.ft.

Answer: 2,400 lb.ft. Mechanical work is the magnitude of a force that creates a change in position, and the linear displacement (straight-line distance) defines the change in position. Total mechanical work can be calculated with the formula $W = (F \times d) \times r \times s$. - F equals force - d equals distance - r equals repetitions - s equals sets In this example, $W = (30 \text{ lb.} \times 2 \text{ ft.}) \times 8 \times 5 = 2,400 \text{ lb.ft.}$

4. D — Barbell hip thrust

Answer: Barbell hip thrust The primary movement in a barbell hip thrust is hip extension, which targets the gluteus maximus and the hamstrings. This exercise also engages the core for stabilization and helps improve strength and power in the posterior chain.

5. C — Music tempo

Answer: Music tempo In exercise programming, workout intensity is adjusted through factors such as the weight lifted, the number of sets, and rest intervals. These adjustments help in progressing the difficulty and effectiveness of a workout. Music tempo, while potentially motivating, does not play a direct role in the intensity calculation.

6. B — Long-distance running

Answer: Long-distance running Explosiveness and power are critical components for many athletic activities. Exercises that develop these qualities typically involve short bursts of high-intensity effort. Box jumps, medicine ball slams, and power cleans are all effective for building power and explosiveness, while long-distance running primarily focuses on cardiovascular endurance and lacks the explosive component.



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7. C — It is beneficial for older adults to engage in strength training to improve muscle mass and bone density

Answer: It is beneficial for older adults to engage in strength training to improve muscle mass and bone density. Strength training helps older adults maintain and even increase muscle mass and bone density, enhancing their overall health and reducing the risk of falls and fractures. The risk of injury is low when exercises are performed correctly and safely.

8. B — Neuromotor exercise

Answer: Neuromotor exercise. Neuromotor exercise includes skills like balance, stability, coordination, proprioception, and agility. Yoga and balance board exercises are designed to improve one's balance and coordination. These types of exercises can help prevent falls in older adults and enhance athletic performance. For effective neuromotor training, aim for approximately 60 minutes per week, though there is no strict minimum duration recommended.

9. A — Eccentric contractions

Answer: Eccentric contractions. During the downward phase of a squat, muscles lengthen under tension, performing eccentric contractions to control the descent.

10. B — Advanced

Techniques such as high-intensity interval training (HIIT) are most suitable for advanced clients. HIIT involves short bursts of intense activity followed by recovery periods and provides a substantial training stimulus. Because advanced clients need a higher level of stimulus to encourage adaptations, HIIT can be an effective method to enhance their cardiovascular fitness.

11. B — 6

It is recommended that the total accumulated time for dynamic stretches should be 90 seconds. Since each stretch is performed for 15 seconds, the client needs to repeat each stretch 6 times (15 seconds per set x 6 sets = 90 seconds) to achieve the recommended warm-up time.

12. D — Older adults

Answer: Older adults. Balance training is particularly important for older adults as it can help reduce the risk of falls and improve overall stability. While it can be beneficial for other groups, older adults usually gain the most significant advantages.

13. D — 1-6 repetitions

Plyometric exercises are explosive movements designed to increase speed and power. Due to their high intensity and the demand they place on the central nervous system, they should be performed at the beginning of a workout to minimize fatigue. The recommended repetition range for plyometric exercises is 1-6 to ensure maximum explosive effort and proper form. Longer rest periods between sets are recommended to provide sufficient recovery.

14. B — Highlighting past failures and weaknesses

Answer: Highlighting past failures and weaknesses. Motivating clients effectively is crucial for maintaining their engagement and commitment to their fitness goals. Positive strategies include setting achievable goals, providing positive feedback, and offering support and encouragement. Highlighting past failures and weaknesses can have a negative impact on a client's motivation, potentially leading to decreased morale and a lack of confidence.



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15. C — 340 to 680 ml

Answer: 340 to 680 ml A pre-exercise hydration strategy typically suggests an intake of 5 to 10 ml of water per kilogram of body weight. This helps ensure optimal hydration levels before exercise. For an individual who weighs 150 pounds, the appropriate water intake range can be calculated as follows: $150 \text{ pounds} / 2.2 \text{ kg} = 68 \text{ kg}$ $68 \text{ kg} \times 5 \text{ ml} = 340 \text{ ml}$; $68 \text{ kg} \times 10 \text{ ml} = 680 \text{ ml}$ Range of 340-680 ml to stay within the optimal recommendation.

16. C — A routine with multiple sets of sprinting for 1 minute with 1 minute rest periods

High-intensity interval training (HIIT) involves short bursts of intense exercise followed by rest or low-intensity exercise. The correct answer includes multiple sets of sprinting for 1 minute with 1 minute rest periods, fitting the definition of HIIT.

17. A — Determination

Answer: Determination The Transtheoretical Model (TTM) of behavior change includes five stages: Precontemplation, Contemplation, Preparation, Action, and Maintenance. These stages describe an individual's readiness to act on a new healthier behavior, providing strategies to guide the individual through the stages of change to achieve and maintain the behavior.

18. C — Weightlifting

Answer: Weightlifting Aerobic exercises are activities that increase your breathing and heart rate, such as swimming, cycling, and running. These types of exercises improve cardiovascular endurance. Weightlifting, on the other hand, is primarily an anaerobic activity, focusing on muscle strength rather than cardiovascular endurance.

19. A — Adipose tissue

Answer: Adipose tissue Skinfold tests measure the thickness of subcutaneous fat (adipose tissue) at specific body sites to estimate overall body fat percentage. The triceps skinfold thickness is primarily composed of adipose tissue, making it the layer with the highest measurement at that site.

20. D — Medical history

Answer: Medical history To better understand a client's health status, a personal trainer may need to ask additional questions about the client's medical history. This includes information about past injuries, surgeries, chronic conditions, and medications. A thorough understanding helps tailor the fitness program to the client's needs and ensures safety during exercise.

21. B — $(220 - \text{age}) \times 0.7$ to $(220 - \text{age}) \times 0.85$

Answer: $(220 - \text{age}) \times 0.7$ to $(220 - \text{age}) \times 0.85$ The target heart rate range is typically calculated by first subtracting the individual's age from 220 to estimate their maximum heart rate. Then, multiplying the maximum heart rate by 0.7 and 0.85 gives the lower and upper limits of the desired heart rate range during exercise. For example: If the individual is 30 years old: $\text{Maximum heart rate} = 220 - 30 = 190$
 $\text{Lower limit of target heart rate range} = 190 \times 0.7 = 133$
 $\text{Upper limit of target heart rate range} = 190 \times 0.85 = 161.5$

22. A — Pulmonary vein

Answer: Pulmonary vein. The pulmonary vein is responsible for transporting highly oxygenated blood from the lungs to the left atrium of the heart. This process occurs after gas exchange in the pulmonary capillaries, where blood releases carbon dioxide and absorbs oxygen.



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23. D — It may decrease systolic pressure by 10 to 15 mmHg

Answer: It may decrease systolic pressure by 10 to 15 mmHg Regular cardiovascular exercise can lead to a decrease in blood pressure because it helps improve the efficiency of the heart and the elasticity of the blood vessels. As a result, many individuals experience a reduction in systolic pressure by approximately 10 to 15 mmHg over time.

24. D — Orthostatic hypotension

Answer: Orthostatic hypotension Orthostatic hypotension refers to a drop in blood pressure that occurs when a person stands up from a sitting or lying position. This can lead to dizziness and fainting and is indicative of an issue with blood flow regulation. Hypertension is high blood pressure, arrhythmia is an irregular heartbeat, and bradycardia is an abnormally slow heart rate. Understanding these conditions is important for monitoring a client's health status and ensuring their safety during physical activities. If a client experiences symptoms of orthostatic hypotension or any other cardiac issues, it is essential to refer them to a healthcare professional for further assessment.

25. A — Elbow sprains

Answer: Elbow sprains Shoulder impingement occurs when there is excessive squeezing or rubbing of the shoulder muscles against the top part of the shoulder blade, called the acromion. Common causes include repetitive overhead activities, poor posture, or rotator cuff injuries. Factors that do not contribute directly include injuries to areas not impacting shoulder mobility, such as elbow sprains.

26. C — Muscle spindle

Answer: Muscle spindle Located within a muscle and running parallel with the muscle fiber, muscle spindles are sensory receptors. They are sensitive to changes in muscle length and the rate of change. During the initial phase of a fast-paced sprint, the muscle experiences rapid lengthening, which stimulates the muscle spindle.

27. A — 30.0

Answer: 30.0 Body mass index (BMI) is a common measurement used to classify underweight, normal weight, overweight, and obese individuals. An adult with a BMI of 30.0 or higher is categorized as obese.

28. D — Ensuring proper form and spotting

Proper form and spotting are essential because an inexperienced client can easily injure themselves without proper guidance. Spotting helps ensure correct form and provides immediate assistance in case of failure. Numerous litigation cases involve injuries from improper lifting techniques, making proper oversight critical.

29. B — Danger

The correct answer is Danger. The primary components required to validate a contract typically include: Component Description Offer A promise in exchange for performance by another party. Acceptance The agreement of the other party to the offer presented. Consideration Something of value exchanged between the parties.

30. C — Product recommendations

Answer: Product recommendations. Professional liability insurance for personal trainers typically covers a range of claims including: Claims Covered Negligence Injury to a client Breach of confidentiality However, it usually does not cover product recommendations due to the potential risks associated with recommending supplements or other products, which may contain unknown ingredients.



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