



# NASM CPT

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## Practice Questions

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**1. Zone one of stage training is generally considered to be the “recovery zone.”  
<br/><br/>At what percent of the client’s max heart rate should this zone be performed?**

- A. 80-85%
- B. 85-95%
- C. 75-80%
- D. 65-75%

**2. When training a client, it is important to determine which of the following?**

- A. frequency and intensity of each exercise
- B. duration and type of exercise
- C. A and B
- D. which exercises work best for your client and keep doing them over and over again

**3. Exercising in neutral spine should make the movements<code>\_\_\_\_\_</code>.**

- A. easier to perform
- B. upright
- C. none of the above
- D. more challenging

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**4. When does the body increase its functional capacity to adapt to the new stressor during the general adaptation syndrome?**

- A. Resistance development
- B. Alarm reaction
- C. Adaptation
- D. Exhaustion



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5. Which of the following is *not* a consideration related to determining rest intervals?

- A. Age, occupation, and medical history
- B. Recoverability, muscle mass, and goals
- C. Nutritional status and tolerance of shorter rest periods
- D. Training experience, intensity, and fitness level

6. What is one effect exercise can have on insulin and glucagon?

- A. Insulin levels rise
- B. Decreased supply of blood glucose
- C. Insulin levels drop
- D. The pancreas decreases glucagon secretion

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7. Metabolism is the process by which the body converts what a person intakes into energy. This complex process combines the calories eaten with oxygen to release energy through \_\_\_\_\_ that the body needs to function.

- A. fat
- B. muscle
- C. ATP
- D. all of the above

8. What type of tissue has a form called serous, which is fluid-filled?

- A. Osseous
- B. Collagen
- C. Fascia
- D. Tendons

9. What are the primary endocrine glands?

- A. Pituitary, thyroid, adrenal, and cortisol
- B. Hypothalamus, pituitary, adrenal, and epinephrine
- C. Hypothalamus, pituitary, thyroid, and epinephrine
- D. Hypothalamus, pituitary, thyroid, and adrenal

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**10. Why are slow-twitch muscles more resistant to fatigue during exercise, thus making them better for longer duration exercises?**

- A. They have more developed sarcoplasmic reticula, which release calcium more slowly.
- B. They have less developed sarcoplasmic reticula, which release calcium more quickly.
- C. They have more developed sarcoplasmic reticula, which release calcium more quickly.
- D. They have less developed sarcoplasmic reticula, which release calcium more slowly.

**11. What is considered to be the optimum training frequency per week in order to improve strength?**

- A. Daily
- B. 1-2 times weekly
- C. 3-5 times weekly
- D. 2-4 times weekly

**12. Which gland is known as the “master” gland of the endocrine system?**

- A. Adrenal
- B. Thyroid
- C. Hypothalamus
- D. Pituitary

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**13. Anorexia nervosa is common in young women in their late teens and early twenties, and is characterized by:**

- A. severe limitations to food intake
- B. refusal to eat
- C. B and C
- D. throwing up food that is eaten

**14. Which hormones are involved in the body’s <i>fight or flight</i> response to stress?**

- A. Cortisol
- B. Growth hormone
- C. Catecholamines
- D. Testosterone



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15. Maintenance occurs during the final stage of change when<code>\_\_\_\_\_</code>.

- A. people realize they do not like to exercise
- B. none of the above
- C. they become self-confident
- D. people have created an exercise habit

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16. Why is it important for the health and fitness professional to learn information about a client's hobbies and recreational activities?

- A. Provides insight into levels of mental stress
- B. Gives insight into the capacity for movement and also the frequency these movements are performed throughout the day
- C. Knowing these facts allows individualization of an appropriate training plan to those specific lifestyle activities
- D. Helps to reveal possible dysfunctions

17. What is the first accomplishment in the rapport step of READ?

- A. To establish if the client likes you
- B. To establish trust
- C. To establish superiority in knowledge
- D. To establish presence

18. What does the acronym SMART stand for?

- A. Specific, Measurable, Attainable, Realistic, Timely
- B. Specific, Methodical, Actionable, Remodeling, Timely
- C. Specific, Motivating, Attainable, Realistic, Timely
- D. Specific, Measureable, Actionable, Ready, Timely

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**19. A specific form of external feedback that provides the client with information to improve form issues is called what?**

- A. Knowledge of performance
- B. Knowledge of results
- C. Knowledge of arthrokinematics
- D. Knowledge of kinetic motion

**20. If you notice your client's lower back arches during an overhead squat assessment, which muscle is most likely underactive?**

- A. Sternocleidomastoid
- B. Latissimus dorsi
- C. Hip flexor complex
- D. Gluteus maximus

**21. What exercise is an example of one performed during balance stabilization training?**

- A. Single-leg lift and chop
- B. Wood chop throw
- C. Prone iso-ab
- D. Floor prone cobra

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**22. Which of the following is *not* one of the building blocks of the OPT model?**

- A. Strength
- B. Power
- C. Stabilization
- D. Weight management

**23. What is the progression of a dumbbell chest press?**

- A. Alternating-arms, one-arm, two-arms
- B. Two-arms, one-arm, alternating-arms
- C. Two-arms, alternating-arms, one-arm
- D. One-arm, two-arms, alternating-arms



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**24. A sedentary lifestyle is one of the major causes of muscle imbalance, where muscles become shorter or longer than they should be. This affects the opposing muscle and causes problems in the musculoskeletal systems. One of the common problems is:**

- A. all of the above
- B. lumbar spine becomes arched
- C. tight hip flexors
- D. pelvis can rotate anteriorly

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**25. Which of the following would be an appropriate core stabilization training exercise?**

- A. Reverse crunch
- B. Rotation chest pass
- C. Back extension
- D. Marching

**26. To make up for weak hip extensors, the \_\_\_\_\_ take over the work during an abdominal workout, increasing their risk for injury due to excessive strain, which was originally meant for the glutes.**

- A. knees
- B. hamstrings
- C. quadriceps
- D. shoulders

**27. If your client tells you they want to be challenged more to improve their fitness levels, you can:**

- A. recommend more vigorous activities, as long as they are healthy and will not be at risk for injury
- B. adjust their resistance training routines based on their goals and abilities
- C. A and C
- D. "No - you are not ready."

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**28. During which stage of training is interval training introduced?**

- A. All stages include interval training
- B. Stage three
- C. Stage one
- D. Stage two

**29. Which performance assessment is used to test lower extremity agility and neuromuscular control?**

- A. Bench press
- B. Squat test
- C. Davies test
- D. Shark skill test

**30. Which of the following is an example of a normal blood pressure measurement?**

- A. Systolic of 100 to 120 mm Hg and diastolic of 140 to 160 mm Hg
- B. Diastolic of 120 to 130 mm Hg and systolic of 80 to 85 mm Hg
- C. Systolic of 120 to 130 mm Hg and diastolic of 80 to 85 mm Hg
- D. Diastolic of 100 to 120 mm Hg and systolic of 140 to 160 mm Hg



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## Answer Key & Explanations

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**1. D — 65-75%**

Zone one of stage training is generally considered to be the “recovery zone” and should be performed at 65-75% percent of the client’s max heart rate. This training stage is used for the stabilization level of the OPT model.

**2. C — A and B**

Designing exercises for your client depends on their fitness levels, goals and any physical limitations, including time restraints.

**3. D — more challenging**

Exercising in neutral spine should make the movements more challenging but this is a good thing. We want to work hard, and above all we want to work our bodies in a safe and correct manner.

**4. A — Resistance development**

The body increases its functional capacity to adapt to the new stressor during the general adaptation syndrome stage of resistance development. The kinetic chain improves its ability for muscle recruitment and adapts to the new stressor.

**5. A — Age, occupation, and medical history**

Age, occupation, and medical history are not a consideration related to determining rest intervals. All other factors listed are considerations for rest intervals and should be used to determine what the length of rest intervals will be with each individual client and may likely vary even from one workout to the next.

**6. C — Insulin levels drop**

Exercise can cause insulin levels to drop. As the intensity of exercise picks up, the body’s cells increase their glucose uptake. The pancreas increases glucagon secretion to assist in supplying the body with blood glucose.

**7. C — ATP**

The resting metabolic rate is the normal metabolic rate without external pressure or activity. Eating healthy calories make it easier for the body to function at optimum levels.

**8. C — Fascia**

Fascia is the tissue that has a form call serous, which is fluid-filled. This type of fascia makes up protective membranes that cover the internal viscera. Other types of fascia that do not have specific names relating to their functions are superficial and deep fascia.

**9. D — Hypothalamus, pituitary, thyroid, and adrenal**

The hypothalamus, pituitary, thyroid, and adrenal glands are the primary endocrine glands. These glands serve various functions within the body and control overall hormonal activity within the body. Everything from rates of metabolism to milk production after childbirth is affected by the endocrine glands.



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**10. D — They have less developed sarcoplasmic reticula, which release calcium more slowly.**

Slow-twitch muscles are more resistant to fatigue during exercise because they have less developed sarcoplasmic reticula, which release calcium more slowly. This causes a slower rate of ATP hydrolysis, so they do not tire as quickly.

**11. C — 3-5 times weekly**

3-5 times weekly is considered to be the optimum training frequency per week in order to improve strength. There is no significant difference between 3 and 5 days with regard to strength gain. Though more calories may be burned, the actual increase in strength is negligible.

**12. D — Pituitary**

The pituitary gland is known as the “master” gland of the endocrine system. The functions of the other endocrine glands are controlled by the pituitary gland. It has three different sections: the anterior, intermediate, and posterior lobes.

**13. C — B and C**

A person with anorexia nervosa refuses to maintain body weight over a minimal normal weight for their age and height. Though underweight, the person experiences intense fear of gaining weight or becoming fat.

**14. C — Catecholamines**

Catecholamines are the hormones involved in the body’s <i>fight or flight</i> response to stress. The two catecholamines hormones, epinephrine (adrenaline) and norepinephrine, are made by the adrenal glands. These hormones assist the body in getting ready for activity.

**15. D — people have created an exercise habit**

It is a personal trainer’s duty to help clients discover activities that are enjoyable and rewarding enough to become habits. It should be activities that the client actually looks forward to. Clients are in the maintenance stage when they have established exercise as a habit.

**16. C — Knowing these facts allows individualization of an appropriate training plan to those specific lifestyle activities**

A health and fitness professional should understand about a client’s hobbies and recreational activities so that a suitable training plan may be tailored to those specific lifestyle activities. To help prevent injury during these activities, the training plan should optimize exercises that are beneficial to the client’s recreational habits.

**17. B — To establish trust**

The first accomplishment in the rapport step of READ is to establish trust. This shows the client that you have their best interest in mind and have integrity. This is a continuous process that helps keep confidence, enthusiasm, and professionalism high in the relationship.

**18. A — Specific, Measurable, Attainable, Realistic, Timely**

SMART stands for Specific, Measurable, Attainable, Realistic, Timely. SMART goals allow individuals to focus on precisely what they hope to accomplish by defining a specific plan of action. When using this method of goal-setting, an individual will feel more empowered and can concentrate efforts to achieve whatever goals are set.

**19. A — Knowledge of performance**

A specific form of external feedback that provides the client with information to improve form issues is called knowledge of performance. This is when the health and fitness professional provides ideas or guidance for the



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client to alter a form deficiency, perform the exercise again, and see or feel the difference in its movements.

**20. D — Gluteus maximus**

The gluteus maximus is one of the most likely underactive muscles if your client's lower back arches during an overhead squat assessment. The hamstring complex and intrinsic core stabilizers are two other muscles that may be underactive. This problem can be treated with self-myofascial release and static stretching of the quadriceps, latissimus dorsi, and hip flexor complex.

**21. A — Single-leg lift and chop**

The single-leg lift and chop is an example of an exercise performed during balance stabilization training. Such exercises are characterized by little movement and proprioceptive response to environmental imbalance. The other answer choices are all core training exercises.

**22. D — Weight management**

Weight management is *not* one of the building blocks of the OPT model. The OPT model consists of three levels of training: stabilization, strength, and power.

**23. C — Two-arms, alternating-arms, one-arm**

The progression of a dumbbell chest press is two-arms, alternating-arms, and one-arm. This progression is used with most free weight exercises that allow the option of one-armed repetitions. It can provide great variety within the framework of a single exercise.

**24. A — all of the above**

The thoracic spine develops a hunch back alignment or a forward head posture when sitting for too long at a desk. Tight hip flexors make it impossible for the abdominal muscles to work.

**25. D — Marching**

Marching would be an appropriate core stabilization training exercise. This involves movement of the legs while lying supine on the floor, during which the spine and pelvis remain mostly motionless.

**26. B — hamstrings**

To make up for weak hip extensors, the hamstrings take over the work during an abdominal workout, increasing their risk for injury due to excessive strain, which was originally meant for the glutes. It is possible to correct muscle imbalances and posture problems. A foam roller, medicine ball and even a tennis ball can be done before or after a workout, focusing on the muscles causing posture problems and imbalances.

**27. C — A and C**

A weight-training program should be performed at least twice a week with your client in order to yield good results. The sessions should be scheduled at least 1 day apart.

**28. D — Stage two**

Interval training is introduced during stage two of training. Interval training varies the intensity of exercise and has been shown to cause a longer elevated EPOC following the end of the session, compared to other forms of workouts.

**29. D — Shark skill test**

The performance assessment used to test lower extremity agility and neuromuscular control is the Shark skill test. This test is not appropriate for all clients because it is a progression from the single leg squat.



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**30. C — Systolic of 120 to 130 mm Hg and diastolic of 80 to 85 mm Hg**

A normal blood pressure measurement is 120 to 130 mm Hg systolic and 80 to 85 mm Hg diastolic.

Throughout a whole cardiac cycle, blood pressure refers to the pressure created by the heart when pumping and the minimal pressure within the arteries.



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