



NASM Personal Trainer

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Practice Questions

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1. Approximately how many bones are in the adult human skeleton?

- A. 186
- B. 230
- C. 150
- D. 206

2. What is the primary purpose of the PAR-Q+ during a fitness assessment?

- A. To screen for readiness and potential risks before exercise
- B. To measure body fat percentage
- C. To assess cardiorespiratory endurance directly
- D. To determine one-repetition maximum strength

3. In a drop set, what is manipulated to extend a set past the point of initial muscular fatigue?

- A. The weight is reduced and the set continues
- B. The rest interval is doubled
- C. The tempo is slowed to 8 seconds per rep
- D. The range of motion is shortened

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4. Which of the following are the three macronutrients?

- A. Carbohydrates, proteins, and fats
- B. Vitamins, minerals, and water
- C. Fiber, cholesterol, and sodium
- D. Glucose, fructose, and sucrose



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5. What does the acronym OPT stand for in the NASM training model?

- A. Optimum Performance Training
- B. Optimal Periodization Template
- C. Organized Progressive Training
- D. Output Performance Tracking

6. Why are measurable goals important in personal training?

- A. They allow progress to be objectively tracked
- B. They eliminate the need for assessments
- C. They guarantee fast results
- D. They remove the need for client input

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7. According to NASM, what is the general age range typically classified as 'youth' for fitness programming purposes?

- A. Birth to 4 years
- B. 30 to 45 years
- C. 18 to 25 years
- D. Roughly 6 to 17 years

8. How many levels make up the NASM OPT model?

- A. Three
- B. Two
- C. Four
- D. Five

9. Which system provides neural input to organs responsible for the involuntary processes of the body?

- A. Somatic nervous system.
- B. Mechanoreceptors.
- C. The brain.
- D. Autonomic nervous system.

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10. How is static stretching classified in terms of flexibility?

- A. Functional flexibility.
- B. Active flexibility.
- C. Immobile flexibility.
- D. Corrective flexibility.

11. What distinguishes process goals from objective goals?

- A. Process goals give the client something to work toward, and objective goals are something to do in the moment.
- B. Process goals can always be achieved, and objective goals are rarely achieved.
- C. Process goals are only achieved with careful assessment, and objective goals are simple to achieve.
- D. Process goals can be predictively achieved, and objective goals may or may not be achieved.

12. Casey is launching his personal training facility. What is one of the benefits he possesses?

- A. He is not responsible for the overhead costs.
- B. He does not have to worry about local ordinances.
- C. Management of staff is not one of his necessary responsibilities.
- D. He has the opportunity to appeal to a personalized clientele.

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13. What does the term "unstable exercise environment" refer to in the context of requiring the body to engage its internal balance and stabilization mechanisms?

- A. Asymmetrical resistance loading.
- B. Feed-forward activation.
- C. Integrative function.
- D. Proprioceptively enriched environment.

14. A joint is best defined as which of the following?

- A. A bundle of muscle fibers
- B. A sheet of connective tissue covering muscle
- C. A site where two or more bones meet
- D. The tapered end of a tendon



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15. Subjective information collected during an assessment is best described as:

- A. Data measured by the trainer with instruments
- B. Information provided by the client about themselves
- C. Heart rate recorded during exercise
- D. Skinfold caliper measurements

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16. A superset that pairs a chest press with a seated row is best described as which type of superset?

- A. Same-muscle-group superset
- B. Opposing (antagonist) superset
- C. Pre-exhaustion superset
- D. Compound set

17. How many kilocalories does 1 gram of carbohydrate provide?

- A. 9 kcal
- B. 4 kcal
- C. 7 kcal
- D. 2 kcal

18. How many phases are there in the NASM OPT model?

- A. Three
- B. Five
- C. Seven
- D. Four

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19. Ensuring equipment is properly maintained and safe before each session helps a trainer:

- A. Diagnose injuries
- B. Reduce the risk of accidents and uphold the standard of care
- C. Expand scope of practice
- D. Avoid getting consent



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20. How often should children typically engage in moderate-to-vigorous physical activity per current public health guidelines?

- A. Once per week
- B. Only on weekends
- C. No more than 20 minutes per week
- D. At least 60 minutes daily

21. How many phases are in the NASM OPT model?

- A. Three
- B. Five
- C. Four
- D. Six

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22. Which muscle fiber type is primarily utilized in activities demanding high levels of force and power, such as sprinting?

- A. Type I.
- B. Type III.
- C. Type Ia.
- D. Type II.

23. Which of the following principles does dynamic stretching employ to enhance the extensibility of soft tissues?

- A. Relative flexibility.
- B. Myotatic stretch-reflex.
- C. Synergistic dominance.
- D. Reciprocal inhibition.

24. Which category of goals is under the client's greater control?

- A. Timely goals.
- B. Measurable goals.
- C. Product goals.
- D. Process goals.

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25. Is it possible for sexual harassment to take place in a situation involving two women?

- A. No, sexual harassment can occur with people of the same sex, but women cannot be harassers.
- B. No, sexual harassment cannot occur with people of the same sex, and women cannot be harassers.
- C. No, sexual harassment cannot occur with people of the same sex, although women can be harassers.
- D. Yes, sexual harassment can occur with people of the same sex, and women can be harassers.

26. Which one of the following movement assessments is NOT recommended for youth training?

- A. Overhead squat assessment.
- B. Single-leg stance.
- C. Push-up assessment.
- D. One-repetition maximum strength assessment.

27. Which of the following is a function of the skeletal system?

- A. Producing digestive enzymes
- B. Generating action potentials
- C. Storing minerals such as calcium
- D. Filtering blood plasma

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28. The carotid pulse is located:

- A. On the inside of the elbow
- B. On the top of the foot
- C. On the side of the neck
- D. Behind the knee

29. Performing two exercises for the SAME muscle group back-to-back with no rest is called a:

- A. Drop set
- B. Antagonist superset
- C. Compound set
- D. Circuit



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30. How many kilocalories does 1 gram of fat provide?

- A. 4 kcal
- B. 7 kcal
- C. 9 kcal
- D. 5 kcal



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Answer Key & Explanations

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1. D — 206

The mature adult skeleton contains approximately 206 bones, reduced from about 270 at birth as some bones fuse during development.

2. A — To screen for readiness and potential risks before exercise

The PAR-Q+ is a self-screening questionnaire designed to identify individuals who may need medical clearance before beginning exercise.

3. A — The weight is reduced and the set continues

A drop set extends a set by reducing the load once fatigue is reached, allowing the client to continue performing repetitions and increasing total volume.

4. A — Carbohydrates, proteins, and fats

The three macronutrients are carbohydrates, proteins, and fats. They are called 'macro' because the body needs them in large amounts and they supply energy (calories).

5. A — Optimum Performance Training

NASM's OPT model stands for Optimum Performance Training, a systematic, progressive approach to program design organized into phases.

6. A — They allow progress to be objectively tracked

Measurable goals let both trainer and client objectively monitor progress, adjust the program, and stay motivated by visible improvement.

7. D — Roughly 6 to 17 years

NASM considers youth to generally span childhood and adolescence (about 6–17 years), a period of growth where age-appropriate, supervised training is emphasized.

8. A — Three

The OPT model has three levels: Stabilization, Strength, and Power.

9. D — Autonomic nervous system.

The autonomic nervous system (ANS) supplies neural input to organs that run the involuntary processes of the body. The autonomic nervous system regulates physiological functions such as heart rate, digestion, respiratory rate, pupillary response, and other activities that occur automatically without conscious effort. The autonomic nervous system is divided into two main branches: the sympathetic nervous system, which generally prepares the body for "fight or flight" responses, and the parasympathetic nervous system, which promotes "rest and digest" activities. Together, these branches of the autonomic nervous system help maintain homeostasis and regulate various bodily functions without conscious control.

10. D — Corrective flexibility.

Static stretching is generally considered a form of corrective flexibility. Corrective flexibility focuses on



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improving muscle imbalances and correcting any dysfunctions in the musculoskeletal system. Static stretching involves holding a muscle at its maximum length for an extended period, helping to increase the range of motion around a joint and reduce muscle tightness. It's important to note that static stretching is just one aspect of a comprehensive flexibility program, and other forms of flexibility training, such as dynamic stretching and proprioceptive neuromuscular facilitation (PNF) stretching, may also be incorporated for a well-rounded approach to flexibility development.

11. D — Process goals can be predictively achieved, and objective goals may or may not be achieved.

The achievement of process goals can be highly motivating, and they are more readily measurable and attainable compared to objective goals, as clients have greater influence over processes. Process goals can lead to the attainment of objective goals and may serve as incremental milestones in the pursuit of a larger objective goal.

12. D — He has the opportunity to appeal to a personalized clientele.

One of the advantages Casey has in opening his own personal training facility is the opportunity to appeal to a personalized clientele. By owning and operating his facility, Casey can tailor his services, training programs, and the overall environment to meet the specific needs and preferences of his clients. This level of personalization can include designing specialized fitness programs, creating a unique and comfortable training atmosphere, and offering individualized attention to each client. It allows Casey to build strong relationships with clients, understand their goals, and provide a more customized and focused fitness experience. This ability to tailor services to the preferences and goals of his clientele can contribute to client satisfaction, loyalty, and the overall success of Casey's personal training business.

13. D — Proprioceptively enriched environment.

A proprioceptively enriched environment refers to an exercise setting that challenges the body's proprioceptive system – the internal sense that detects the position, movement, and force of body parts. This type of environment is often unstable yet controllable, requiring the activation of various muscles for balance and stabilization. Exercises performed in such settings can enhance proprioception, core stability, and overall neuromuscular control. Examples include stability ball exercises, balance board activities, and certain types of strength training on uneven surfaces.

14. C — A site where two or more bones meet

An articulation, or joint, is the junction where two or more bones come together, allowing varying degrees of movement.

15. B — Information provided by the client about themselves

Subjective information includes anything the client tells you, such as occupation, lifestyle, medical history, and goals.

16. B — Opposing (antagonist) superset

Pairing agonist and antagonist (chest press and row) is an antagonist/opposing superset, which allows one muscle group to recover while the other works.

17. B — 4 kcal

Carbohydrates provide approximately 4 kcal per gram, the same as protein. Fat provides 9 kcal/g and alcohol provides 7 kcal/g.



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18. B — Five

The OPT model contains five phases organized within three levels of training: Stabilization, Strength, and Power.

19. B — Reduce the risk of accidents and uphold the standard of care

Inspecting equipment and the environment for hazards is part of providing reasonable care and prevents avoidable injuries and related liability.

20. D — At least 60 minutes daily

Guidelines recommend children and adolescents accumulate at least 60 minutes of moderate-to-vigorous physical activity every day.

21. B — Five

The OPT model contains five phases distributed across the three levels.

22. D — Type II.

Type II muscle fibers, also known as fast-twitch fibers, are predominantly used during movements that require high levels of force and power, such as sprinting. These fibers have a faster contraction speed and are well-suited for generating quick and powerful movements. They fatigue more quickly than slow-twitch fibers but are essential for activities that demand strength and rapid force production.

23. D — Reciprocal inhibition.

Reciprocal inhibition involves the contraction of one muscle group while the opposing muscle group relaxes. In the context of dynamic stretching, as a muscle contracts, its antagonist (opposite) muscle group is encouraged to relax and lengthen. During dynamic stretching, the goal is to actively move the joints through a full range of motion, promoting increased blood flow, flexibility, and neuromuscular coordination. Reciprocal inhibition helps to relax the muscles being stretched, allowing for a more effective and comfortable stretch. This type of stretching is often incorporated into warm-up routines before activities that require flexibility and mobility.

24. D — Process goals.

Once a personal trainer has established a connection and addressed the client's health concerns, the subsequent stage entails determining fitness goals. Fitness goals can be categorized into two types: process goals and product goals. Process goals revolve around daily accomplishments, such as attending the gym, going for a walk, or remaining hydrated throughout the day. Product goals typically encompass the client's long-term objectives, such as weight loss, strength enhancement, or maintaining a lean physique as they age. Prioritizing process goals proves to be more effective. Clients who concentrate on process goals tend to be more motivated and often attain their desired product goals as well.

25. D — Yes, sexual harassment can occur with people of the same sex, and women can be harassers.

Sexual harassment is not limited to interactions between people of different genders; it encompasses any unwelcome sexual advances, comments, or conduct. Both men and women can experience and engage in inappropriate behaviors that constitute sexual harassment. It is important to recognize and address such behavior regardless of the genders involved. Laws and workplace policies often cover same-sex harassment as well, recognizing that anyone can be a victim or a perpetrator.

26. D — One-repetition maximum strength assessment.

The youth population is advised to undergo the overhead squat, push-up, and single-leg stance assessments



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as recommended movement evaluations. The primary injuries often linked to youth training involve sprains and strains, which can be mitigated by ensuring proper technique through adequate supervision and gradual advancement. The key emphasis when working with the youth population should be on creating an enjoyable physical activity program rather than rigidly adhering to a training schedule.

27. C — Storing minerals such as calcium

Bone serves as the body's primary mineral reservoir, storing calcium and phosphorus that can be released into the bloodstream as needed.

28. C — On the side of the neck

The carotid pulse is palpated on the neck, lateral to the larynx, over the carotid artery.

29. C — Compound set

A compound set performs two exercises for the same muscle group consecutively, whereas a superset typically targets opposing or different muscle groups.

30. C — 9 kcal

Fat is the most energy-dense macronutrient at 9 kcal per gram, more than double that of carbohydrate or protein (4 kcal/g each).



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