

# *Fitness*

*NASM-PES*

*National Academy of Sports Medicine: Performance Enhancement Specialization*



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## **Product Version**

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# Latest Version: 6.0

## Question: 1

Each of the following is part of the kinetic chain EXCEPT which?

- A. Muscular system
- B. Nervous system
- C. Cardiorespiratory system
- D. Skeletal system

**Answer: C**

Explanation:

The kinetic chain consists of three components: the skeletal system, the nervous system, and the muscular system.

## Question: 2

During which part of your intake process should you direct your attention toward detecting any possible cardiorespiratory dysfunction?

- A. Initial consultation
- B. Physical activity readiness questionnaire
- C. General history
- D. Personal data gait

**Answer: B**

Explanation:

The PAR-Q is specifically directed toward detecting any possible cardiorespiratory dysfunction such as congenital heart disease (CHD). The initial client consultation should take place prior to the PAR-Q and would be the time to discuss frequency of meetings, personal rates, and scheduling for further information gathering, such as the PAR-Q. The general history can be any information gathered from the client, including occupation and lifestyle choices. The personal data gait is a collection of objective information. Measurements such as body fat body mass index (BMI), weight, and so on should be taken at this time.

## Question: 3

Through extensive flexibility training, your client has reached the optimum level of extensibility through his entire dynamic range of motion. This range of motion can be achieved only through flexibility and control of the muscular system. What is another name

for this control?

- A. Reciprocal inhibition
- B. Synergistic dominance
- C. Neuromuscular efficiency
- D. Integrated flexibility

**Answer: C**

Explanation:

Neuromuscular efficiency is the body's ability to use its neuromuscular system in the reducing, production, and stabilization of the kinetic chain: this takes place in each plane of motion. Reciprocal inhibition is caused by a tight muscle agonist, and synergistic dominance is when one muscle takes the control of another muscle's function. Integrated flexibility is an approach to flexibility training.

### Question: 4

Each of the following are examples of static stretches EXCEPT which?

- A. Gastrocnemius stretch
- B. Seated ball hamstring stretch
- C. Supine piriformis stretch
- D. Levator scapulae stretch

**Answer: D**

Explanation:

The levator scapulae stretch is an example of an active stretch.

### Question: 5

First impressions are important when developing a relationship with a client and establishing rapport. Which of the following is NOT recommended as part of the rapport- building process?

- A. Ask investigative questions to encourage disclosure of possible problems such as an eating disorder or depression.
- B. Use self-disclosure to demonstrate understanding and forge a bond with clients over common experiences.
- C. Restate the clients message in your own words to reflect their main points.
- D. Summarize your client's conversation into a few appropriate points that hold bearing on program design.

**Answer: B**

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Explanation:

Self-disclosure should be limited and, in many cases, is considered unprofessional. A personal trainer may choose to reveal personal experiences to demonstrate understanding of the client's position but should be limited to one or two sentences.

### Question: 6

How long is the grace period beyond your certified personal trainer (CPT) expiration to earn continuing education units (CEUs) toward National Academy of Sports Medicine (NASM) recertification?

- A. 30 days
- B. 60 days
- C. 90 days
- D. 120 days

**Answer: C**

Explanation:

NASM offers a 90-day grace period beyond the expiration of your CPT certification expiration to earn any remaining CEUs. You then have 1 year to submit paperwork for recertification.

### Question: 7

Why is it MOST important for a personal trainer to understand the components of the kinetic chain?

- A. The muscular system is part of the kinetic chain; it is the main focus of personal trainers.
- B. The three components of the kinetic chain are the ones that manipulate human motion; the kinetic chain is responsible for human movement.
- C. The kinetic chain controls sensory, motor, and integrative systems, all systems a personal trainer focuses on.
- D. The systems within the kinetic chain responsible for motor function are what personal trainers should be aware of.

**Answer: B**

Explanation:

The kinetic chain is composed of three systems that are responsible for human movement. As a personal trainer, it is imperative to understand these systems, how they work together, and how their malfunction affects the other systems of the body. The muscular system is part of the kinetic chain, but it cannot operate without the balance of the remaining two systems. The nervous system, a component of the kinetic chain, is responsible for sensory, motor, and integrative systems. Motor function is a function of the nervous system. A personal trainer must study each component of the kinetic chain as it works with the other systems to construct efficient movement.

### Question: 8

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During your collection of a new client's general history, you determine she likely has tightness in the soleus and gastrocnemius. What piece of information would have led you to this conclusion?

- A. The client's occupation requires extended periods of sitting.
- B. The client spends much of her day typing at a computer.
- C. The client wears dress shoes with a heel.
- D. The clients hobbies include playing tennis frequently.

**Answer: C**

Explanation:

It is likely that this client frequently wears heeled shoes. This puts the ankle in a plantar-flexed position and tightens the soleus and gastrocnemius. Long periods of time in this position may cause other postural imbalances, including an over pronation of the ankle. Tight hip flexors are often seen in clients whose jobs require them to sit for long periods of time, the same way carpal tunnel syndrome is common among those who work with computers and typing. Tennis elbow is a common injury among professional tennis players due to the overuse of the associated joints and muscles.

### Question: 9

The latissimus dorsi, operating in the transverse plane of motion, fulfills which muscular purpose?

- A. Proper shoulder abduction
- B. Proper shoulder flexion
- C. Proper inversion of calcaneus
- D. Proper external rotation of humerus

**Answer: D**

Explanation:

The latissimus dorsi allows the proper external rotation of the humerus in the transverse plane of motion.

### Question: 10

What is the minimum amount of time your client must hold a static stretch for the Golgi tendon organ to be stimulated and effect the muscle spindle?

- A. 10 seconds
- B. 15 seconds
- C. 20 seconds
- D. 30 seconds

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<b>Answer: C</b>
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Explanation:

A static stretch must be held for a minimum of 20 seconds to activate the Golgi tendon organ and produce the inhibitory response of the muscle spindle.

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