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Question: 1

What muscle is medial to the vastus intermedius?

- A. Vastus lateralis
- B. Piriformis
- C. Adductor magnus
- D. Peroneus longus

Answer: C

Question: 2

A trainer is preparing to have a client perform an active kneeling hip flexor stretch. Which of the following instructions should the trainer give the client?

- A. "Perform 2 sets of 12 to 15 repetitions."
- B. "Perform as quickly as can be controlled for 10 repetitions."
- C. "Hold the stretch for 30 seconds and perform 1 to 3 repetitions."
- D. "Hold the stretch for 2 seconds and perform 5 to 10 repetitions."

Answer: D

Explanation:

The active kneeling hip flexor stretch falls under active stretching in NASM's flexibility continuum. Active stretching uses the agonist muscle to move the limb through a range of motion while the antagonist is stretched, typically holding the end range for about 1–2 seconds before returning to the start position. The NASM CPT7 Study Guide specifies that active stretches are performed for 5–10 repetitions, holding each for 1–2 seconds.

This technique is most often applied in the strength level of the OPT model, often following the warm-up and before resistance training to prepare muscles for dynamic activity. Options A and C represent repetition and hold counts more typical of resistance or static stretching, while Option B's "as quickly as can be controlled" describes dynamic stretching or plyometric work—not an active isolated stretch. Therefore, the correct coaching instruction is to hold for 2 seconds and perform 5–10 repetitions.

Question: 3

Which of the following statements represents an intrinsic benefit of exercise?

- A. "My partner loves the way I look now."

- B. "I can play soccer with my kids now."
- C. "I actually look forward to coming to the gym now."
- D. "I have logged my food and exercise for 3 weeks in a row."

Answer: C

Explanation:

NASM differentiates intrinsic from extrinsic motivation. "Intrinsic motivation describes the motivation to do something that comes from within an individual; it is strongly related to long-term adherence." By contrast, "Extrinsic motivation happens when someone does something for rewards or recognition." . The Study Guide's examples of intrinsic motives include "stress relief," "increasing energy," and "finding new ways to be challenged physically," highlighting enjoyment, personal satisfaction, and internal drive as hallmarks .

Among the choices, "I actually look forward to coming to the gym now" reflects enjoyment and internal satisfaction, which are intrinsic. In contrast, "My partner loves the way I look now" is driven by external validation (extrinsic). "I can play soccer with my kids now" is a meaningful outcome/functional benefit, but it reflects an external activity outcome rather than the internal enjoyment of exercising itself. "I have logged my food and exercise for 3 weeks in a row" is a behavioral process (self-monitoring) rather than a motive; NASM defines self-monitoring as "observing, measuring, and evaluating one's own behavior" . Therefore, the statement that clearly represents an intrinsic benefit of exercise—enjoyment and positive feelings toward the activity—is option C.

Question: 4

A trainer is discussing nutrition with a client. Which of the following information about fat should the trainer include?

- A. "Fats regulate the uptake and excretion of nutrients in the cells."
- B. "Olive oil and almonds are sources of saturated fats."
- C. "Fat should represent less than 10 percent of your daily caloric intake."
- D. "Fats are absorbed quickly for energy use in high-intensity exercise."

Answer: A

Explanation:

The NASM CPT7 Study Guide highlights that fats play key roles beyond energy storage, including regulating the uptake and excretion of nutrients in the cells. Healthy fats, particularly unsaturated fats from sources like olive oil, nuts, and seeds, support hormone production, cell membrane structure, and vitamin absorption. Contrary to option B, olive oil and almonds are sources of unsaturated fats, not saturated. The guide recommends that fats generally make up 20–35% of daily caloric intake, not less than 10% as stated in option C. While fats can be used for energy during low-intensity activities, they are not absorbed quickly for immediate use during high-intensity exercise, making option D incorrect.

Question: 5

Which proprioceptor, located within a muscle, functions to reduce the risk of injury to the muscle?

- A. Golgi tendon organ
- B. Stretch receptor
- C. Semicircular canal
- D. Nociceptor

Answer: A

Question: 6

Which of the following macronutrients is the primary source of energy for muscular exertion?

- A. Carbohydrates
- B. Protein
- C. Fat
- D. Water

Answer: A

Explanation:

NASM emphasizes that carbohydrates are the body's primary and preferred source of energy for muscular exertion, especially during high-intensity exercise. The Study Guide notes: "Carbohydrates in the diet are broken down into glucose, which can produce ATP quickly via the process of glycolysis." This rapid energy production is critical for resistance training, sprinting, and other activities requiring quick bursts of effort. While fats are a major fuel during lower-intensity, longer-duration exercise, and protein can be used during prolonged energy deficits, neither is as readily available or efficient as carbohydrates for muscular work. Water is not a macronutrient providing energy—it's essential for hydration and metabolic processes but doesn't yield calories. Because muscular exertion often demands immediate ATP, carbohydrates, via stored glycogen and blood glucose, are the key macronutrient fueling these activities.

Question: 7

Which of the following is an example of an outcome goal?

- A. "I want to reduce caloric intake from 2,500 to 2,000 calories each day."
- B. "I want to exercise 30 to 40 minutes at least three times each week."
- C. "I want to keep a consistent pace during the 5K."
- D. "I want to come in first place in the marathon."

Answer: D

Explanation:

NASM distinguishes between outcome goals and process goals. The CPT7 Study Guide defines outcome goals as those that “focus on the end result of an activity”, such as placing in a race or achieving a measurable performance rank. Examples provided include “Place in top 10 in a 10K race” and “Achieve a certain level of strength improvement.”

By contrast, process goals focus on the behaviors and actions taken to reach an outcome, such as exercising a certain number of days per week or following a nutrition plan. In this question, “I want to come in first place in the marathon” is an outcome goal because it specifies a competitive final result. The other options—reducing caloric intake, exercising a set number of minutes weekly, or maintaining a consistent pace—are process-oriented behaviors that contribute toward, but are not themselves, the final result. Thus, according to NASM’s definitions and examples, the correct answer is D, as it directly expresses the desired measurable end result of performance.

Question: 8

If a client's lower back arches during an overhead squat test, which of the following muscles is likely underactive?

- A. Latissimus dorsi
- B. Erector spinae
- C. Transverse abdominis
- D. Psoas major

Answer: C

Explanation:

If a client’s lower back arches during the Overhead Squat Assessment, this indicates excessive lumbar extension and an anterior pelvic tilt, often due to overactive hip flexors and erector spinae, and underactive core stabilizers—especially the transverse abdominis. NASM identifies the transverse abdominis, internal obliques, and multifidus as key local stabilization system muscles that contract isometrically to stabilize the LPHC during movement. Weakness in the transverse abdominis allows the pelvis to tilt forward and the lumbar spine to overextend, which appears as an arch in the lower back. Strengthening this deep abdominal muscle helps maintain a neutral spine under load.

Question: 9

Which of the following is an adaptation caused by regular resistance training?

- A. Increased muscle recovery time
- B. Decreased muscle hypertrophy
- C. Increased motor unit recruitment
- D. Decreased circulation

Answer: C

Question: 10

A client demonstrates lower crossed syndrome. Which of the following muscles should be statically stretched?

- A. Gluteus maximus
- B. Gluteus medius
- C. Rectus femoris
- D. Rectus abdominis

Answer: C

Explanation:

Lower crossed syndrome (LCS) is a common postural distortion characterized by an anterior pelvic tilt, lumbar lordosis, and overactive/shortened hip flexors and erector spinae, with underactive gluteals and abdominals. The NASM CPT7 Study Guide identifies the rectus femoris—part of the quadriceps and a hip flexor—as one of the shortened muscles in LCS.

Static stretching is recommended for overactive muscles to restore proper length-tension relationships. The gluteus maximus and medius are typically underactive in LCS and should be strengthened, not stretched. The rectus abdominis is usually lengthened and underactive. Therefore, in LCS, the rectus femoris should be statically stretched.

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