

# Fitness

NASM-CPT

*National Academy of Sports Medicine: Certified Personal Trainer*

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## Question: 1

During a stretch, which of the following is happening to sarcomeres within the muscle?

- A. The sarcomeres lengthen
- B. The sarcomeres contract and lengthen simultaneously
- C. The sarcomeres stay the same length
- D. The sarcomeres shorten

**Answer: A**

Explanation:

When a muscle is stretched, the overlap within the sarcomeres of the thick and thin filaments decreases, allowing the muscle fibers to elongate.

When a muscle is contracted (shortened), the overlap within the sarcomeres of the thick and thin filaments increases.

## Question: 2

All of the following are employment advantages of a commercial fitness club, except:

- A. Salespersonship provides business learning opportunity
- B. Updated equipment and exercise protocols
- C. Pay rates structured on client retention with incentives and fitness professional's level of education
- D. The professional may control the schedule

**Answer: D**

Explanation:

Commercial fitness facilities provide an environment where existing club members can interact with the fitness professional. Typically, the trainer will have a sales quota to maintain and will be provided with training, updated equipment, and an incentivizing pay rate scale. However, they are usually required to be present at the gym for specific hours each week and are not in control of their work schedule.

## Question: 3

Which of the following is an advantage of strength machines?

- A. They improve athletic performance
- B. Many of them move in one plane of motion
- C. They challenge the core stabilization system

D. They provide various intensities in one weight stack

**Answer: D**

Explanation:

Strength machines support beginner clients, rehab patients, and body builders who desire isolated muscle group training. They are stable and allow for fast increases or decreases in resistance due to the easily accessible weight stack. One downside to them is that they move in one plane of motion and therefore do not challenge core stabilization. They are not recommended for improving athletic performance.

### Question: 4

Which of the following best describes osteopenia?

- A. Loss of bone density
- B. Age-related loss of skeletal muscle mass
- C. Loss of motor control
- D. A chronic skeletal disorder

**Answer: A**

Explanation:

Osteopenia refers to the loss of bone density. It is more common in adult females and often increases in aging. Osteopenia increases the likelihood of fracture as well as other acute and chronic skeletal disorders, such as osteoporosis. Resistance training and SAQ training have been found to help slow this process.

### Question: 5

Asking a client "Have you ever exercised before?" is considered to be which of the following types of questions?

- A. Active questioning
- B. Dependent questioning
- C. Open-ended
- D. Closed-ended

**Answer: D**

Explanation:

Closed-ended questions can only be answered with a yes or no. Open-ended questions require a longer, more detailed answer.

Active questioning and dependent questioning are not recognized terms in this context.

### Question: 6

Which of the following reflects a proper progression for an upper body exercise?

- A. Alternating arms to two arms
- B. Single arm with trunk rotation to alternating arms
- C. Single arm to alternating arms
- D. Alternating arms to single arm

**Answer: D**

Explanation:

Exercise selection allows for optimal adaptations based on the client's goals. Optimal stability can be achieved by using common exercises that progress to a more unstable environment. To develop optimal stability, common exercises can progress to a more unstable environment, such as from using alternating arms to using a single arm for an upper body exercise.

The progression for upper body exercises is as follows:

- Two arms
- Alternating arms
- Single arm
- Single arm with trunk rotation

### Question: 7

All of the following are skills used in motivational interviewing, except:

- A. Expressing empathy
- B. Addressing issues with the 5:1 positive-to-negative feedback ratio
- C. Developing discrepancy
- D. Supporting the client's self-efficacy

**Answer: B**

Explanation:

Being an effective fitness professional requires knowledge and practice of motivational interviewing. It creates motivation for change in a collaborative environment, which supports a positive relationship between the professional and the client.

Motivational interviewing includes skills such as expressing empathy, supporting the client's self-efficacy, respecting the client's resistance as normal, and developing discrepancy, which is the process of outlining the client's goals or beliefs alongside their actions that do not support their goals or beliefs. With these skills, a fitness professional can put the client at ease during an initial interview, leading to profitable, enjoyable future sessions together.

### Question: 8

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Which of the following cues is important to remember during a single-leg Romanian deadlift?

- A. Reach all the way to the floor
- B. Retract the shoulder blades
- C. Slowly squat as if sitting in a chair
- D. Avoid hunching over

**Answer: D**

Explanation:

The single-leg Romanian deadlift is a balance-strength exercise that challenges proper gluteal and abdominal muscle activation. A common form mistake is to hunch over, which is a result of not keeping the spine in a neutral position.

### Question: 9

Open-ended questions are questions that:

- A. Require a simple answer involving a choice made from a list of possible options
- B. Cannot be answered with a single word
- C. Are the only appropriate types of questions for a trainer to use with a client
- D. Never have a "yes-no" component

**Answer: B**

Explanation:

Whenever a fitness professional is attempting to build a rapport with a client, as well as find out information about them, using open-ended questions is a useful strategy. Open-ended questions are those that cannot be answered with a simple "yes" or "no." Asking more detailed questions allows the person answering the opportunity to provide more detailed information.

Both closed-ended and open-ended questions are useful for trainers, as they can help to gain a full picture of the client's health and exercise background.

Some open-ended questions will include a "yes-no" component.

### Question: 10

Which of the following ligaments receives high stress during the inverted hurdler's stretch?

- A. Anterior cruciate ligament
- B. Lateral collateral ligament
- C. Posterior cruciate ligament
- D. Medial collateral ligament

**Answer: D**

Explanation:

The inverted hurdler's stretch may strain the medial collateral ligament and cause pain and stress on the kneecap. This stretch is not recommended to be performed by anyone with a history of knee or lower back injury, and most fitness professionals believe it is contraindicated for many clients.

### Question: 11

Which combination of repetitions, sets, intensity, tempo, and rest periods is ideal for maximal strength training?

- A. Reps: 6-12 / Sets: 4-6 / Intensity: 75-85% 1RM / Tempo: 4/2/1 / Rest: 0-90 seconds
- B. Reps: 1-5 / Sets: 4-6 / Intensity: 85-100% 1RM / Tempo: Explosive / Rest: 3-5 minutes
- C. Reps: 12-20 / Sets: 3-5 / Intensity: 50-70% 1RM / Tempo: 2/0/2 / Rest: 0-90 seconds
- D. Reps: 6-12 / Sets: 3-5 / Intensity: 75-85% 1RM / Tempo: 2/0/2 / Rest: 0-60 seconds

**Answer: B**

Explanation:

Maximal strength training progresses efficiently with few reps, more sets, very high intensity, fast/explosive movements, and long rest periods. Low intensity (30-45%) is ideal for power training, and high intensity (75-85% 1RM), moderate tempo (2/0/2), and short rest periods (0-60 seconds) encourage hypertrophy. Moderate intensity (50-70% 1RM) is best for muscular endurance and stabilization.

### Question: 12

Which of the following is an example of instrumental support?

- A. Educating a client on how much cardio should be performed each week for good health
- B. Working out alongside one's mother
- C. Listening to a friend vent about their weight-loss frustrations
- D. Giving a neighbor a ride to the gym

**Answer: D**

Explanation:

Instrumental support directly helps an individual achieve a goal. Giving a neighbor a ride to the gym allows them to complete their workout.

Listening to a friend venting refers to emotional support. Educating a client refers to informational support. Exercising with one's mother refers to companionship support.

### Question: 13

All of the following viewpoints are necessary for assessing an individual's static posture, except:

- A. The transverse view
- B. The lateral view
- C. The anterior view
- D. The posterior view

**Answer: A**

Explanation:

A static postural assessment should assess an individual's posture from the front (anteriorly), the side (laterally), and the back (posteriorly). From each viewpoint, a fitness professional should look at the following kinetic chain checkpoints: the foot and ankle, the knee, the lumbo-pelvic-hip complex (LPHC), the shoulders, and the head and cervical spine.

### Question: 14

As a client performs an overhead squat assessment, which kinetic chain checkpoints should a fitness professional be observing from the side?

- A. Knees and feet
- B. Lumbo-pelvic-hip complex (LPHC) and shoulder complex
- C. Shoulder complex and knees
- D. Feet and shoulder complex

**Answer: B**

Explanation:

From a lateral viewpoint, a fitness professional should be observing compensations at the lumbo-pelvic-hip complex (LPHC) and shoulders. From the side, compensations such as an arched lower back and arms falling forward can be observed and recorded.

From an anterior viewpoint, the foot, ankle, and knees can be observed during an overhead squat assessment. The only kinetic chain checkpoint that is not involved in this assessment is the head and neck.

### Question: 15

Which range of the body mass index (BMI) scale is considered to have the lowest risk for disease?

- A. 25-29.99
- B. 22-24.99
- C. 18.6-21.99
- D. <18.5

**Answer: B**

Explanation:

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According to the body mass index (BMI) scale, falling within the range of 18.6 - 24.99 is considered acceptable. However, the lowest risk for disease lies specifically within the 22-24.99 range. Anything below 18.6 or above 24.99 carries an increased risk of disease.

### Question: 16

Who is responsible for administering directly supervised exercise during phase 2 of cardiac rehabilitation?

- A. The physician
- B. The fitness professional
- C. The health promotion team
- D. The physical therapist

**Answer: A**

Explanation:

Cardiac rehabilitation is a specialized, four-phase medical process that helps individuals experiencing various cardiac conditions to return to full function and fitness.

- Phase 1: Rehabilitation is conducted at a medical facility and includes directly supervised exercise and lifestyle modification education. It usually lasts for 12 weeks.
- Phase 2: This phase is prescribed by a physician if continued improvement under direct supervision is needed and is also held in a cardiac rehabilitation setting.
- Phases 3 and 4: These phases consist of self-paced programs that involve exercise direction and motivation to sustain lifestyle changes and healthy behaviors. In phases 3 and 4, the fitness professional can work alongside the physician and their recommendations to ensure safe exercise for the client.

### Question: 17

What does the "E" in the FITTE principle stand for?

- A. Ease of movement
- B. Exercise
- C. Enjoyment
- D. Exertion

**Answer: C**

Explanation:

When programming for all exercise training, including cardiorespiratory fitness, the FITTE principle should be applied. FITTE stands for Frequency, Intensity, Time, Type, and Enjoyment.

Enjoyment refers to the amount of pleasure derived from engaging in a specific exercise or activity. Exercise adherence rates decline significantly when a specific mode of exercise is selected for a client before considering their personality type, previous experience, and other interests. A client is much more apt to continue with a program that is fun and challenging and includes a supportive environment than one that is dull and boring.



### Question: 18

If a personal trainer develops a niche service, which of the following marketing Ps does that fall under?

- A. Place
- B. Price
- C. Product
- D. Promotion

**Answer: C**

Explanation:

The marketing mix, also known as the four Ps, is essential for successful marketing in any industry. The marketing mix applies to the fitness industry as well and refers to components that a personal trainer can control.

To help simplify the process, fitness professionals should consider the four Ps of marketing, also known as the marketing mix:

- Product: Communicate the benefits of using a product
- Price: Identify a competitive price of the service
- Promotion: Determine how the service will be promoted
- Place: Select the place or method of distribution

Specifically, product refers to the service being offered to customers. Having a specialty or niche is a great way to stand out and provide a unique product in a competitive market.

### Question: 19

Which of the following is an example of an affirmation?

- A. "Cool heart rate monitor."
- B. "You are working really hard today."
- C. "I like your new shoes."
- D. "You've gotten some muscle gains recently."

**Answer: B**

Explanation:

Affirmations involve communicating appreciation for a person by commending a positive internal trait that the person exhibits.

Compliments on clothing, accessories, or even physical progress are different from affirmations, which are related to internal traits such as personal value and work ethic.

### Question: 20

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What is a correct example of a resistance training superset in phase 5 of the Optimum Performance Training (OPT) model?

- A. A strength exercise followed by a power exercise after a 60-second recovery interval
- B. A strength exercise followed immediately by a power exercise
- C. A maximal speed exercise followed by a maximal force production exercise after a 30-second rest interval
- D. A maximal speed exercise followed immediately by a maximal force production exercise

**Answer: B**

Explanation:

Resistance training in the power level of the Optimum Performance Training (OPT) model relies on the use of supersets, as it allows a client to focus on force and velocity to increase power. Supersets use two exercises performed in rapid succession of one another. For Phase 5 training, the supersets are designed to be made up of one strength exercise followed immediately by one power exercise.

### Question: 21

Which of the following increases proprioception?

- A. Breathing deeply
- B. Closing eyes
- C. Using both legs
- D. Staying seated

**Answer: B**

Explanation:

To create a more proprioceptively enriched environment, the trainer should use a familiar movement and add a requirement that increases stimulation of the central nervous system. Examples include the following:

- Closing the eyes
- Nodding the head
- Standing vs. remaining seated
- Standing on one leg

### Question: 22

Which altered joint mechanics are associated with lower crossed syndrome?

- A. Increased knee adduction, decreased ankle dorsiflexion
- B. Increased cervical extension, decreased shoulder extension
- C. Increased lumbar extension, decreased hip extension
- D. Increased knee internal rotation, decreased ankle inversion

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

Lower crossed syndrome is characterized by increased lumbar extension and decreased hip extension, causing a lower back arch.

Increased cervical extension and decreased shoulder extension are components of upper crossed syndrome; increased knee adduction / internal rotation and decreased ankle dorsiflexion/inversion are components of pronation distortion syndrome.

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