

NASM Practice Exam Questions with Verified Answers.

Which of the following glands releases growth hormone during childhood up until puberty?

Select one:

- a. Pituitary gland
- b. Holocaine gland
- c. Adrenal gland
- d. Thyroid gland - ANS a

Which term refers to the body being in equilibrium and stationary?

Select one:

- a. Neuromuscular efficiency
- b. Balance
- c. Posture
- d. Functional efficiency - ANS b

Which term refers to fibrous connective tissues that connect bone to bone and provide static and dynamic stability as well as input to the nervous system?

Select one:

- a. Dendrites
- b. Ligaments
- c. Effectors
- d. Tendons - ANS b

Where should the highest percentage of caloric intake come from when trying to increase lean body mass?

Select one:

- a. Liquids
- b. Carbohydrates
- c. Proteins
- d. Lipids - ANS b

What muscle is responsible for concentrically accelerating hip extension and external rotation?

Select one:

- a. Tensor fascia latae
- b. Psoas major
- c. Gluteus minimus
- d. Gluteus Maximus - ANS d

Which of the following is a system of organs that collects oxygen from the external environment and transports it to the bloodstream?

Select one:

- a. Respiratory system
- b. Integumentary system
- c. Endocrine system
- d. Immune system - ANS a

Nasm Midterm Exam Answers

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Ascencia,2020-08-12 **Mid-term exam sample answers** Bio Sci 246, **NASM Practice Exam** Anthony Daccache, The NASM Practice Exam your ultimate study companion for the Certified Personal Trainer CPT certification This comprehensive practice test is meticulously designed to mirror the structure format and difficulty of the official NASM exam providing you with a realistic simulation of the real test day In this practice exam you'll encounter a wide range of questions covering all six domains of the NASM curriculum including basic and applied sciences client assessment program design exercise technique professional development and more This is your opportunity to not only test your knowledge but also to build confidence and identify your strengths and weaknesses By reviewing your performance you can pinpoint the specific topics that require more attention allowing you to focus your study efforts efficiently This practice exam is an invaluable tool for ensuring you are fully prepared to pass the NASM CPT certification on your first attempt Take the exam now and step closer to a successful and rewarding career in fitness Based on the most current information for the official NASM CPT exam here are the details you can expect Duration The exam is 120 minutes 2 hours long Number of Questions There are 120 questions in total Keep in mind that of the 120 questions 20 are unscored These are questions that NASM is testing for potential use on future exams so they do not count toward your final score **NASM CPT Study Guide** Joshua Rueda,2021-12-22 Test Prep Books NASM CPT Study Guide NASM Certified Personal Trainer Book and Practice Test Questions Edition Updated for the New Outline Taking the NASM CPT test Want to get a good score Written by Test Prep Books this comprehensive study guide includes Quick Overview Test Taking Strategies Introduction Study Prep Plan for the NASM Basic and Applied Sciences and Nutritional Concepts Client Relations and Behavioral Coaching Assessment Program Design Exercise Technique and Training Instruction Professional Development and Responsibility Practice Test Questions Detailed Answer Explanations Disclaimer NASM R is a registered trademark of the National Academy of Sports Medicine who does not endorse nor is affiliated in any way with the owner or any content of this web site Studying is hard We know We want to help You can ace your test Each part of the test has a full review This study guide covers everything likely to be on the NASM CPT exam Lots of practice test questions are included Miss one and want to know why There are detailed answer explanations to help you avoid missing the same question a second time Are you a bad test taker Use your time wisely with the latest test taking strategies Don't settle

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Table of Contents Nasm Midterm Exam Answers

1. Understanding the eBook Nasm Midterm Exam Answers
 - The Rise of Digital Reading Nasm Midterm Exam Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Nasm Midterm Exam Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nasm Midterm Exam Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nasm Midterm Exam Answers
 - Personalized Recommendations
 - Nasm Midterm Exam Answers User Reviews and Ratings
 - Nasm Midterm Exam Answers and Bestseller Lists
5. Accessing Nasm Midterm Exam Answers Free and Paid eBooks
 - Nasm Midterm Exam Answers Public Domain eBooks

- Nasm Midterm Exam Answers eBook Subscription Services
- Nasm Midterm Exam Answers Budget-Friendly Options

6. Navigating Nasm Midterm Exam Answers eBook Formats

- ePub, PDF, MOBI, and More
- Nasm Midterm Exam Answers Compatibility with Devices
- Nasm Midterm Exam Answers Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Nasm Midterm Exam Answers
- Highlighting and Note-Taking Nasm Midterm Exam Answers
- Interactive Elements Nasm Midterm Exam Answers

8. Staying Engaged with Nasm Midterm Exam Answers

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Nasm Midterm Exam Answers

9. Balancing eBooks and Physical Books Nasm Midterm Exam Answers

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Nasm Midterm Exam Answers

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Nasm Midterm Exam Answers

- Setting Reading Goals Nasm Midterm Exam Answers
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Nasm Midterm Exam Answers

- Fact-Checking eBook Content of Nasm Midterm Exam Answers
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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