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**2024 NASM CPT Exam 1**  
**New Full Questions and Answers ( Included ) 100% Correct**

**1. Golgi tendon**

**Answer:** musculotendonous junction that detects tension applied to tendon during slow static stretch.

**2. Cardio Output**

**Answer:** amount of blood pumped out by each side of the heart in 1 min.

**3. Davie's Law**

**Answer:** soft tissue models along the lines of stress.

**4. Reciprocal inhibition**

**Answer:** muscles on one side of a joint relaxing to accommodate contraction on the other side of that joint.

**5. Agonist Muscle**

**Answer:** the muscle that contracts to produce a movement; prime mover.

**6. Antagonist Muscle**

**Answer:** the muscle that has an action opposite to that of the agonist and helps in the production of a coordinated movement.

**7. Prime Mover**

**Answer:** the muscle that acts as the initial and main source of motive power.

**8. Static Stretching**

**Answer:** a technique in which a muscle is slowly and gently stretched and then held in the stretched position.

**9. Autogenic Inhibition**

**Answer:** the process when neural impulses that sense tension is greater than the impulses that cause muscles to contract, providing an inhibitory effect to the muscle spindles.

**10. Force Couple Relationship**

**Answer:** muscle groups moving together to produce movement around a joint; muscles in a force-couple provide divergent pulls on the bone or bones they connect with which is a result of the fact that each muscle has different attachment sites, pulls at a different angle, and create a different force on that joint.

**11. Oxidative System**

**Answer:** relies primarily on carbohydrates and fats for the production of ATP. This system is the

# Nasm Pes Study Guide

**Matthew Bowling**



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*Complete Vocal Fitness* Claudia Friedlander, 2018-06-05

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**NASM Study Guide** Ascencia, 2020-08-12      **NASM CPT Study Guide** Joshua Rueda, 2021-12-22

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