

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

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