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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

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with one another their integration with the anatomy of breathing and alignment and relating them to common non anatomical terminology often used in the voice studio *NASM Study Guide* Ascencia,2020-08-12 **NASM Certified Personal Trainer Exam Prep** C. P. T. Exam Prep Team,2017-04-04 A concise study guide that highlights the information required to pass the National Academy of Sports Medicine NASM CPT Exam to become a certified personal trainer The content in this study guide is presented in an easy to read format that helps to comprehend retain the information This study guide is organized in the following six performance domains Domain 1 Basic and Applied Sciences and Nutritional Concepts 17% Domain 2 Assessment 18% Domain 3 Program Design 21% Domain 4 Exercise Technique and Training Instruction 22% Domain 5 Client Relations and Behavioral Coaching 12% Domain 6 Professional Development and Responsibility 10% Includes quick reference pages for Areas of Focus Formulas Conversions that are required for exam Includes 50 practice questions to further enhance knowledge and to have an idea of what the actual test will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes detailed descriptions of Assessments Nervous Muscular Skeletal Systems Nutrition Term definitions Training Modalities more *Nasm CPT Study Guide 2025-2026 - 3 Full-Length Practice Tests, Nasm Personal Trainer Certification Exam Secrets Book* Matthew Bowling,2024-11-13 Mometrix Test Preparation s NASM CPT Study Guide NASM Personal Trainer Certification Exam Secrets Book is the ideal prep solution for anyone who wants to pass their National Academy of Sports Medicine Board of Certification Examination The exam is extremely challenging and thorough test preparation is essential for success Our study guide includes 3 practice tests available in online interactive format All 3 of these printed in the guide Tips and strategies to help you get your best test performance A complete review of all NASM test sections 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 of or any content in this product The Mometrix guide is filled with the critical information you will need in order to do well on your NASM exam the concepts procedures principles and vocabulary that the National Academy of Sports Medicine Board of Certification NASM BOC expects you to have mastered before sitting for your exam Test sections include Basic and Applied Sciences and Nutritional Concepts Client Relations and Behavioral Coaching Assessment Program Design Exercise Technique and Training Instruction Professional Development and Responsibility and much more Our guide is full of specific and detailed information that will be key to passing your exam Concepts and principles aren t simply named or described in passing but are explained in detail The Mometrix NASM study guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it Because it s written with an eye for both technical accuracy and accessibility you will not have to worry about getting lost in dense academic language Any test prep guide is only as good as its practice questions and answer explanations and that s another area where our guide stands out The Mometrix test prep team has provided plenty of NASM practice test questions to prepare you for what to expect on the actual exam Each answer

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