

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 are 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

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Table of Contents Nasm Pes Study Guide

1. Understanding the eBook Nasm Pes Study Guide
 - The Rise of Digital Reading Nasm Pes Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nasm Pes Study Guide
 - 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 Pes Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nasm Pes Study Guide
 - Personalized Recommendations
 - Nasm Pes Study Guide User Reviews and Ratings
 - Nasm Pes Study Guide and Bestseller Lists
5. Accessing Nasm Pes Study Guide Free and Paid eBooks

- Nasm Pes Study Guide Public Domain eBooks
- Nasm Pes Study Guide eBook Subscription Services
- Nasm Pes Study Guide Budget-Friendly Options

6. Navigating Nasm Pes Study Guide eBook Formats

- ePUB, PDF, MOBI, and More
- Nasm Pes Study Guide Compatibility with Devices
- Nasm Pes Study Guide Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Nasm Pes Study Guide
- Highlighting and Note-Taking Nasm Pes Study Guide
- Interactive Elements Nasm Pes Study Guide

8. Staying Engaged with Nasm Pes Study Guide

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Nasm Pes Study Guide

9. Balancing eBooks and Physical Books Nasm Pes Study Guide

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Nasm Pes Study Guide

10. Overcoming Reading Challenges

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

11. Cultivating a Reading Routine Nasm Pes Study Guide

- Setting Reading Goals Nasm Pes Study Guide
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Nasm Pes Study Guide

- Fact-Checking eBook Content of Nasm Pes Study Guide
- 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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