

## 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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**National Academy of Sports Medicine**

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Practice Questions Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM CPT Exam The practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them

Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the NASM CPT Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide

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**Trainer Exam Study Guide** Scientia Media Group,Jason Rush,2021-07-10 Do you have a passion for fitness and a burning desire to help others Certified personal trainers are needed more than ever but before you can become one there's the matter of the licensing Before you can share your wealth of knowledge and passion for fitness to help others you have to become certified The National Academy of Sports Medicine CPT exam is the strictest of the certifications you can achieve but it will also prepare you for just about any experience you face On this exam you will be tested on several competencies to ensure that you understand how the human body works how to assess your clients and how to help them to the best of your ability As you study from this book you will be provided with vital information that will help you prepare In this book you will be guided through how to study for this exam from the anatomical systems to nutrition and biomechanics You'll discover how to assess your clients and design the best programs for them no matter their current health or fitness status You'll be given guidance through several different exercises how to build the client relations Finally you will be guided through

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