



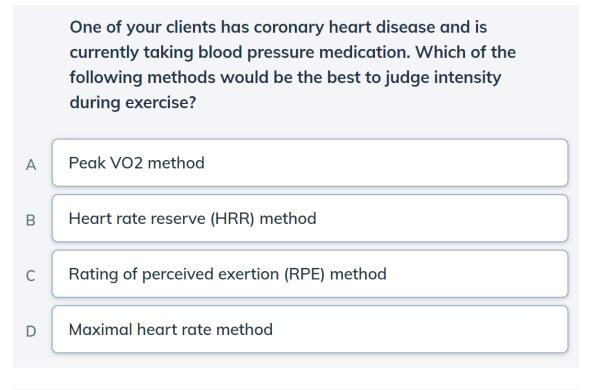
## NASM-CPT™

Certified Personal Trainer Prep 800 Questions, 6 Subjects

	Which connective tissue is responsible for attaching muscle to bone?
Α	Stabilizers
В	Ligaments
С	Synergists
D	Tendons
	What are the two most common sites used to record a pulse?
Α	The radial and femoral arteries
В	The radial and carotid arteries
С	The carotid and brachial arteries
D	The temporal and femoral arteries







	If an individual demonstrates knock knees during an overhead squat, all of the following altered joint mechanics are present except:
А	Decreased ankle dorsiflexion
В	Decreased hip abduction
С	Increased hip adduction
D	Increased hip external rotation