

**NASM-CPT™**

Certified Personal Trainer Prep

800 Questions, 6 Subjects

Which connective tissue is responsible for attaching muscle to bone?

- A Stabilizers
- B Ligaments
- C Synergists
- D Tendons

What are the two most common sites used to record a pulse?

- A The radial and femoral arteries
- B The radial and carotid arteries
- C The carotid and brachial arteries
- D The temporal and femoral arteries



One of your clients has coronary heart disease and is currently taking blood pressure medication. Which of the following methods would be the best to judge intensity during exercise?

- A Peak VO₂ method
- B Heart rate reserve (HRR) method
- C Rating of perceived exertion (RPE) method
- D Maximal heart rate method

If an individual demonstrates knock knees during an overhead squat, all of the following altered joint mechanics are present except:

- A Decreased ankle dorsiflexion
- B Decreased hip abduction
- C Increased hip adduction
- D Increased hip external rotation