

NASM-CPT Practice Test Questions and Answers

1. VO2 max is best defined as:

- A) The maximum number of repetitions performed at a given load
- B) The maximum volume of oxygen the body can consume per minute during maximal exercise
- C) The resting oxygen saturation level
- D) The oxygen cost of a single stride

2. Stroke volume is best defined as:

- A) The number of heartbeats per minute
- B) The volume of blood ejected per heartbeat
- C) The total blood volume in circulation
- D) Oxygen consumption per kilogram of body weight

3. Which three OPT model levels are there?

- A) Health, fitness, and wellness
- B) Flexibility, cardiorespiratory, and resistance
- C) Stabilization, strength, and power
- D) Diet, exercise, and recovery

4. What is the kinetic chain concept in NASM?

- A) The interdependent system of muscles, joints, and nerves that work together to produce movement
- B) A chain used in resistance training
- C) A single muscle group's action
- D) A cardiovascular training concept

Answers: 1-B 2-B 3-C 4-A

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