

NASM CPT Practice Test Questions and Answers

1. What does NASM CPT stand for in fitness certification?

- A) National Academy of Sports Medicine Certified Personal Trainer
- B) North American Sports Management Certification Program Team
- C) National Association of Specialized Movement Coordination and Physical Therapy
- D) Native American Sports Medicine Community Physical Training

2. What is the NASM OPT model primarily designed for?

- A) Optimum Performance Training through systematic progression
- B) Only Professional Training for elite athletes
- C) Occasional Physical Training for beginners
- D) Outdoor Performance Training exclusively

3. Which assessment is commonly used to evaluate overhead mobility?

- A) Overhead squat assessment
- B) Blood pressure measurement
- C) Weight scale reading
- D) Heart rate monitoring

4. What is the primary focus of Phase 1 in the NASM OPT model?

- A) Stabilization endurance training
- B) Maximum strength development
- C) Power training exclusively
- D) Advanced athletic performance

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

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