

# NASM Practice Test Questions and Answers

## 1. What does NASM's Optimum Performance Training (OPT) model emphasize?

- A) Maximum strength development only
- B) Progressive training through stabilization, strength, and power phases
- C) Cardiovascular training exclusively
- D) Flexibility training only

## 2. Which muscle is considered the primary stabilizer of the core?

- A) Rectus abdominis
- B) External obliques
- C) Transverse abdominis
- D) Erector spinae

## 3. What is the recommended frequency for resistance training for general fitness clients?

- A) 1-2 times per week
- B) 2-3 times per week
- C) 4-5 times per week
- D) Every day

## 4. During the overhead squat assessment, if a client's knees move inward, this indicates:

- A) Overactive hip flexors
- B) Underactive glutes and overactive adductors
- C) Strong quadriceps
- D) Good knee alignment

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

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