

# NASM Practice Test Questions and Answers

## 1) What is the primary purpose of the NASM certification?

- A. To certify expertise in personal training and fitness
- B. To evaluate artistic skills
- C. To test physical strength only
- D. To measure programming knowledge

## 2) Which topics are commonly covered in the NASM exam?

- A. Exercise science and nutrition
- B. Fitness assessment and program design
- C. Professional development and client relations
- D. All of the above

## 3) How is the NASM certification exam typically administered?

- A. Online and at certified testing centers
- B. Through group discussions
- C. As a verbal interview
- D. Via physical demonstrations only

## 4) What is the best way to prepare for the NASM certification exam?

- A. Study the NASM textbook and take practice exams
- B. Memorize random fitness facts
- C. Avoid preparation to reduce stress
- D. Focus solely on physical exercises

## 5) Who typically takes the NASM certification exam?

- A. Aspiring personal trainers and fitness professionals
- B. High school students preparing for college
- C. Licensed medical professionals
- D. Professional athletes

### Answers:

1) A - 2) D - 3) A - 4) A - 5) A

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