

NASM Certified Personal Trainer, 7th Edition (CPT-7) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which form of training focuses on movements that improve an individual's ability to maintain stability and control?**
 - A. Resistance training**
 - B. Cardiovascular training**
 - C. Balance training**
 - D. Flexibility training**

- 2. What is a key benefit of dynamic stretching before a workout?**
 - A. It increases muscle mass**
 - B. It prepares the muscles and joints for movement**
 - C. It reduces muscle soreness**
 - D. It improves flexibility immediately**

- 3. Which vitamin has an increased risk of causing toxicity?**
 - A. Vitamin C**
 - B. Vitamin B12**
 - C. Vitamin D**
 - D. Vitamin A**

- 4. How does taking high doses of vitamin C impact health?**
 - A. It significantly boosts absorption**
 - B. More is not always better**
 - C. It cures many diseases**
 - D. It has no health impact whatsoever**

- 5. The influence that family members or peers have on a person's decision to exercise is known as what?**
 - A. Social reinforcement**
 - B. Group influence**
 - C. Motivation**
 - D. Peer pressure**

- 6. How can basal metabolic rate (BMR) best be defined?**
- A. The energy used during exercise**
 - B. The total daily energy expenditure**
 - C. The amount of energy required to maintain the body at rest**
 - D. The energy required for digestion**
- 7. What is one potential effect of excessive anterior pelvic tilt on athletic performance?**
- A. Improved balance**
 - B. Reduced risk of injury**
 - C. Decreased stride length**
 - D. Increased risk of lower back pain**
- 8. What type of periodization uses changes in volume and intensity on a daily or weekly basis?**
- A. Linear**
 - B. Cyclical**
 - C. Undulating**
 - D. Block**
- 9. Which balance training exercise is part of the second stage of balance training that uses dynamic, eccentric, and concentric movement of the balance leg through a full range of motion?**
- A. Single-leg deadlift**
 - B. Single-leg squat**
 - C. Stability ball lunge**
 - D. Heel-to-toe walk**
- 10. What term is used for a condition that would make it unsafe for the client to participate in any type of flexibility exercise?**
- A. Indication**
 - B. Contraindication**
 - C. Recommendation**
 - D. Modification**

Answers

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1. C
2. B
3. D
4. B
5. B
6. C
7. D
8. C
9. B
10. B

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Explanations

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1. Which form of training focuses on movements that improve an individual's ability to maintain stability and control?

- A. Resistance training**
- B. Cardiovascular training**
- C. Balance training**
- D. Flexibility training**

Balance training specifically focuses on enhancing an individual's ability to maintain stability and control during movement. This type of training involves exercises that challenge the body's balance, coordination, and proprioception, which is the awareness of body position and movement in space. By incorporating balance exercises, individuals can improve their stability, which is crucial for performing daily activities, sports, and other physical tasks efficiently. Balance training not only helps to prevent falls and injuries, particularly in older adults, but also contributes to overall functional fitness by strengthening the core and lower body muscles. Furthermore, enhanced balance and stability improve performance in various athletic endeavors, making it an essential component of a comprehensive fitness program. In contrast, while resistance training primarily builds muscle strength, cardiovascular training focuses on improving heart and lung capacity, and flexibility training aims to enhance the range of motion in joints, none of these specifically target stability and control to the same degree as balance training does.

2. What is a key benefit of dynamic stretching before a workout?

- A. It increases muscle mass**
- B. It prepares the muscles and joints for movement**
- C. It reduces muscle soreness**
- D. It improves flexibility immediately**

Dynamic stretching before a workout is highly beneficial because it specifically prepares the muscles and joints for the movements that will be performed during the exercise session. This type of stretching involves moving parts of the body through their full range of motion and increasing blood flow to the muscles, which primes them for the demands of physical activity. By engaging in dynamic stretching, individuals can enhance their overall performance, reduce the risk of injury, and improve coordination and balance during their workouts. In contrast, while increasing muscle mass and reducing muscle soreness are important aspects of fitness, they are more influenced by resistance training and recovery strategies than by the warm-up routine. Additionally, although dynamic stretching can lead to improvements in flexibility over time, the immediate purpose is primarily to prepare the body for the activity ahead rather than to achieve instant gains in flexibility.

3. Which vitamin has an increased risk of causing toxicity?

- A. Vitamin C
- B. Vitamin B12
- C. Vitamin D
- D. Vitamin A**

The vitamin that has an increased risk of causing toxicity is Vitamin A. This is primarily due to its fat-soluble nature, which means that the body can store it in fatty tissues and the liver. When consumed in excessive amounts over time, fat-soluble vitamins like Vitamin A can accumulate to toxic levels, leading to hypervitaminosis A. Toxicity symptoms can include nausea, headaches, dizziness, and even more severe impacts such as liver damage and central nervous system disorders. In contrast, vitamins such as Vitamin C and the B-vitamins (including Vitamin B12) are water-soluble. This means they are generally excreted through urine when consumed in excess, making toxicity less likely. Though it's still possible to experience adverse effects from excessive supplementation of water-soluble vitamins, the risk is significantly lower compared to fat-soluble vitamins. This distinction highlights why Vitamin A is particularly notable for its potential toxicity in higher doses.

4. How does taking high doses of vitamin C impact health?

- A. It significantly boosts absorption
- B. More is not always better**
- C. It cures many diseases
- D. It has no health impact whatsoever

Taking high doses of vitamin C being associated with "more is not always better" reflects an important principle in nutrition and supplementation. While vitamin C is an essential nutrient that plays a crucial role in various bodily functions, including the immune system and tissue repair, excessive intake does not necessarily lead to enhanced health outcomes and may even cause adverse effects. High doses of vitamin C can lead to gastrointestinal disturbances such as diarrhea, nausea, and abdominal cramps. Additionally, there is potential for increased risk of kidney stones in some individuals due to the way vitamin C is metabolized in the body. This principle underscores the importance of moderation and the idea that optimal health is best achieved through a balanced diet rather than relying on high doses of any single nutrient. In contrast, other options suggest misleading or overly simplistic views on vitamin C's benefits or effects. For instance, stating that high doses significantly boost absorption does not align with the known limits of the body's ability to absorb vitamin C, while suggesting it cures many diseases or having no health impact at all lacks evidence from established nutritional science. Therefore, recognizing that higher doses do not always equate to better health captures the nuanced understanding of supplementation.

5. The influence that family members or peers have on a person's decision to exercise is known as what?

- A. Social reinforcement**
- B. Group influence**
- C. Motivation**
- D. Peer pressure**

The term that describes the influence family members or peers have on a person's decision to exercise is indeed group influence. Group influence refers to the social dynamics and interactions that occur within a group, affecting the behavior and attitudes of its members. In the context of exercise, the support, encouragement, and participation of family members and friends can significantly impact an individual's commitment to physical activity. When individuals feel supported or motivated by the people around them, they are more likely to engage in exercise. This can include joining workout sessions with friends or family, sharing fitness goals, or simply being inspired by others' commitment to health. Understanding group influence is essential for personal trainers as they can leverage these social connections to enhance a client's motivation and adherence to an exercise program. In contrast, while terms like social reinforcement, motivation, and peer pressure may relate to the overall idea of influence, they do not encapsulate the broader concept of how group dynamics specifically affect exercise behaviors. Social reinforcement involves the feedback and support received from others but is a narrower concept. Motivation is a personal drive that can be influenced by various factors, and peer pressure implies a more negative connotation than the supportive nature of group influence. Thus, group influence accurately captures the essence of the relationships that impact exercise

6. How can basal metabolic rate (BMR) best be defined?

- A. The energy used during exercise**
- B. The total daily energy expenditure**
- C. The amount of energy required to maintain the body at rest**
- D. The energy required for digestion**

Basal metabolic rate (BMR) is best defined as the amount of energy required to maintain the body at rest in a fasting state. This metabolic rate represents the minimum amount of energy needed to support vital functions such as breathing, circulation, and cell production while the body is not engaged in any physical activity. BMR accounts for the largest portion of total daily energy expenditure, reflecting the energy expenditure necessary to sustain life. Understanding BMR is crucial as it provides a baseline for personal trainers and clients to determine appropriate caloric intake and energy expenditure. It highlights the body's essential energy needs, independent of exercise or other activities. This information can help in formulating effective weight management and nutrition plans tailored to an individual's metabolic needs.

7. What is one potential effect of excessive anterior pelvic tilt on athletic performance?

- A. Improved balance**
- B. Reduced risk of injury**
- C. Decreased stride length**
- D. Increased risk of lower back pain**

Excessive anterior pelvic tilt can significantly affect athletic performance, particularly by increasing the risk of lower back pain. When the pelvis is tilted forward excessively, it alters the natural curvature of the spine, leading to increased pressure on the lumbar vertebrae and surrounding muscles. This dysfunction can cause muscular imbalances, leading to tight hip flexors and weakened glutes, and potentially placing additional strain on the lower back. Athletes may experience discomfort, pain, or even injury as a result of this biomechanical alteration, which can hinder their performance and ability to train effectively. The other options do not accurately reflect the implications of excessive anterior pelvic tilt. For instance, while balance might be influenced by many factors, this specific posture is not known to improve balance; rather, it can lead to instability. Contrary to suggesting a reduced risk of injury, this condition heightens the chance of pain and injury due to biomechanical stress. Lastly, while decreased stride length can be a consequence of certain postural issues, excessive anterior pelvic tilt primarily impacts spinal health and musculoskeletal function, rather than directly affecting stride length.

8. What type of periodization uses changes in volume and intensity on a daily or weekly basis?

- A. Linear**
- B. Cyclical**
- C. Undulating**
- D. Block**

The type of periodization that utilizes changes in volume and intensity on a daily or weekly basis is termed undulating periodization. This approach allows for frequent variations in training stimulus, which can improve adaptation and prevent plateaus by modifying both volume and intensity regularly. In undulating periodization, the training program may include various sessions within the week that focus on different goals, such as strength, hypertrophy, or endurance. This flexibility makes it a popular choice among athletes and trainers looking to optimize performance while mitigating the risk of overtraining. It provides the body with varied stimuli, promoting more consistent adaptations over time. Other approaches, such as linear periodization, typically follow a set progression of increasing intensity while decreasing volume over longer periods. Cyclical periodization involves repeating cycles but is generally more structured than the daily or weekly adaptability found in undulating strategies. Block periodization, on the other hand, focuses on longer blocks of training aimed at specific objectives without the frequent shifts seen in undulating models.

9. Which balance training exercise is part of the second stage of balance training that uses dynamic, eccentric, and concentric movement of the balance leg through a full range of motion?

A. Single-leg deadlift

B. Single-leg squat

C. Stability ball lunge

D. Heel-to-toe walk

The single-leg squat is accurately identified as a balance training exercise that incorporates dynamic, eccentric, and concentric movements of the balance leg through a full range of motion, particularly in the second stage of balance training. This stage is characterized by more challenging activities designed to enhance not only stabilization but also strength and control as the individual transitions through different positions. During a single-leg squat, the individual lowers their body weight while standing on one leg, requiring significant engagement of the muscles responsible for balance, stability, and strength in the lower body. Eccentric movements occur as the muscles lengthen while lowering the body, and concentric movements happen as the person returns to the starting position, engaging the muscles forcefully. The full range of motion involved in a single-leg squat ensures that various muscle groups, including the quadriceps, hamstrings, and glutes, are actively involved in controlling the movement. This exercise emphasizes the development of functional strength and balance, which are crucial for improving overall athletic performance and reducing the risk of injury. It also promotes proprioception and coordination, making it an effective component of a comprehensive balance training program.

10. What term is used for a condition that would make it unsafe for the client to participate in any type of flexibility exercise?

A. Indication

B. Contraindication

C. Recommendation

D. Modification

The term "contraindication" refers to a specific condition or factor that makes it unsafe or inadvisable for a client to participate in certain types of exercises, including flexibility exercises. When a client has a contraindication, engaging in these activities could exacerbate an existing health issue or potentially cause injury. Understanding contraindications is crucial in a personal trainer's role because it helps ensure the safety and well-being of clients. Identifying these conditions allows the trainer to modify the exercise program appropriately or seek additional information from healthcare professionals as needed. This is particularly important for clients who may have pre-existing injuries, medical conditions, or other issues that could be worsened by flexibility training. The other terms listed, while relevant in different contexts, do not capture the idea of something that should completely prevent participation in flexibility exercises. Indications highlight when certain exercises are appropriate, recommendations suggest preferred practices, and modifications refer to adjustments made to exercises to accommodate individual needs, but none of these imply an outright inability to safely participate in flexibility training like a contraindication does.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://nasmcpt7.examzify.com>

We wish you the very best on your exam journey. You've got this!

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