

# NASM Group Personal Training Specialist (GPTS) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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 group training program is conducted outdoors, offered once or several times a week, and themed to the type of participant targeted?**
  - A. Circuit training**
  - B. Boot camps**
  - C. CrossFit sessions**
  - D. Cardio blast**
  
- 2. Which GPT format enables a hybrid training format?**
  - A. Large Group Training**
  - B. Small Group Training**
  - C. Semi-Private**
  - D. One-on-One**
  
- 3. The bottom position of a squat is reached when what condition occurs?**
  - A. Before any pain associated with the movement and/or instability occurs**
  - B. At the midpoint of the range of motion**
  - C. When the hips are square**
  - D. When the chest is upright**
  
- 4. The condition of reversible narrowing of the airways during exercise causing increased breathing effort is called?**
  - A. Exercise-induced asthma**
  - B. Chronic fatigue syndrome**
  - C. Exercise-induced bronchitis**
  - D. Allergic rhinitis**
  
- 5. Which behavior-change approach is commonly used in NASM GPTS coaching?**
  - A. Motivational interviewing.**
  - B. Directive coaching.**
  - C. Collaborative goal setting.**
  - D. Educational lectures.**

- 6. Which statement best describes how to structure a warm-up in a GPTS class?**
- A. A 10-minute static stretching routine.**
  - B. A brief warm-up consisting solely of mobility drills.**
  - C. No warm-up is necessary.**
  - D. A 5-10 minute warm-up should include light cardio and dynamic mobility.**
- 7. Which group training program would be most appropriate for participants looking for workouts that specialize in high work-rate resistance activities?**
- A. Boot Camp**
  - B. METCON**
  - C. Yoga**
  - D. Pilates**
- 8. Phase One NASM OPT emphasizes improving stability of which structures?**
- A. Joint and core stability**
  - B. Muscular endurance**
  - C. Cardiovascular endurance**
  - D. Power**
- 9. The offering of a complementary group training session or fitness assessment is often categorized as what type of program?**
- A. Entry-level program**
  - B. Growth program**
  - C. Intermediate program**
  - D. Maintenance program**
- 10. A program designed to provide training stimulus that exceeds the current capabilities of the kinetic chain to elicit the optimal physical adaptations is taking advantage of what?**
- A. Principle of Specificity**
  - B. Principle of Overload**
  - C. Principle of Individuality**
  - D. Principle of Reversibility**

## Answers

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

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## **Explanations**

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**1. Which group training program is conducted outdoors, offered once or several times a week, and themed to the type of participant targeted?**

- A. Circuit training**
- B. Boot camps**
- C. CrossFit sessions**
- D. Cardio blast**

Boot camp style programs are built around outdoor, group experiences that are scheduled regularly and tailored to the people taking part. They deliver workouts outdoors, typically run once or several times a week, and are designed with a specific participant group in mind—for example beginners, moms, athletes, or seniors—so the intensity, movements, and progression fit that group. This combination of setting, frequency, and targeted theme distinguishes boot camps from more generic formats. Circuit training can happen anywhere and isn't inherently tied to a specific participant group or outdoor setting. CrossFit sessions are widely accessible and not always organized around a particular target audience, and cardio blast classes tend to focus on cardio work without a distinct participant theme.

**2. Which GPT format enables a hybrid training format?**

- A. Large Group Training**
- B. Small Group Training**
- C. Semi-Private**
- D. One-on-One**

Hybrid training blends the energy and efficiency of working with a group with the personalization of coaching for individual needs. Large group training is the best fit for this because it centers on delivering a shared workout to many clients at once, while still allowing scalable progressions, regressions, and level-based options within the same class. You can run stations, circuits, or tracks so participants experience the group dynamic and accountability, but you can tailor movement choices, intensities, and cues to different ability levels. That combination—group structure with individualized adaptations—defines a hybrid approach. Other formats tend to emphasize either close, individualized coaching or a smaller group dynamic without the same built-in, scalable personalization across a larger audience. They don't inherently provide the same broad, scalable customization that large group training can offer.

**3. The bottom position of a squat is reached when what condition occurs?**

**A. Before any pain associated with the movement and/or instability occurs**

**B. At the midpoint of the range of motion**

**C. When the hips are square**

**D. When the chest is upright**

The main idea being tested is finding the deepest safe and stable point of a squat. The bottom position is reached at the deepest depth you can achieve without inducing pain or instability. In other words, you descend as far as you can while maintaining good alignment and control, and you stop before any movement would start to cause pain or a loss of stability. This emphasizes safe mechanics and joint health over chasing a specific depth. So, the deepest pain-free, stable position defines the bottom. Options that refer to reaching a midpoint, or meeting a particular positional cue like hips being square or the chest being upright, don't define bottom depth on their own. Those cues relate to form, but they don't determine how deep you should go; depth should be set by staying pain-free and stable.

**4. The condition of reversible narrowing of the airways during exercise causing increased breathing effort is called?**

**A. Exercise-induced asthma**

**B. Chronic fatigue syndrome**

**C. Exercise-induced bronchitis**

**D. Allergic rhinitis**

When exercise triggers reversible narrowing of the airways, the condition is called exercise-induced asthma (often referred to as exercise-induced bronchoconstriction). During intense or prolonged activity, increased ventilation can dry and cool the airways, prompting airway smooth muscle constriction and the release of inflammatory mediators. This leads to breathing difficulty, wheeze, or coughing, but the narrowing is reversible with rest or appropriate treatment. Chronic fatigue syndrome is about persistent fatigue with various symptoms and is not about airway narrowing during exercise. Exercise-induced bronchitis isn't a standard term for a reversible airway change, and bronchitis implies inflammation of the bronchi rather than a transient, exercise-triggered narrowing. Allergic rhinitis involves nasal symptoms and allergic inflammation of the upper airways, not the reversible lower airway constriction described here.

**5. Which behavior-change approach is commonly used in NASM GPTS coaching?**

- A. Motivational interviewing.**
- B. Directive coaching.**
- C. Collaborative goal setting.**
- D. Educational lectures.**

Motivational interviewing is a client-centered counseling approach that aims to enhance a client's intrinsic motivation to change by exploring and resolving ambivalence. In NASM GPTS coaching, lasting behavior change comes from the client's own reasons and readiness, not from being told what to do. The coach uses open-ended questions, reflective listening, and affirmations to help clients articulate their goals, weigh the pros and cons of changing, and notice differences between their current behaviors and desired outcomes. By guiding the conversation rather than directing it, this method supports autonomy and self-efficacy, making it more likely the client will commit to and follow through with their plan. Educational lectures deliver information without directly building motivation, while directive coaching can undermine ownership. Collaborative goal setting matters, but motivational interviewing specifically elicits and strengthens the client's motivation to change, which is why it's the best fit.

**6. Which statement best describes how to structure a warm-up in a GPTS class?**

- A. A 10-minute static stretching routine.**
- B. A brief warm-up consisting solely of mobility drills.**
- C. No warm-up is necessary.**
- D. A 5-10 minute warm-up should include light cardio and dynamic mobility.**

Preparing the body for exercise means elevating temperature, heart rate, and neural activation through a brief, targeted warm-up. In a GPTS class, you want a warm-up that blends light cardio with dynamic mobility for about 5 to 10 minutes. This combination reliably raises heart rate, increases blood flow to muscles, and activates movement patterns you'll use in the workout, while dynamic mobility improves joint range of motion and tissue readiness without over-stretching. Static stretching for a long duration before activity can temporarily reduce force production and power, so a 10-minute routine focused on static holds isn't ideal as the main warm-up. A warm-up consisting only of mobility drills may prepare joints but might not raise the heart rate enough to prime the cardiovascular system. Skipping a warm-up entirely is unsafe and increases injury risk. Therefore, the best approach is a short, progressive warm-up that includes both light cardio and dynamic mobility.

**7. Which group training program would be most appropriate for participants looking for workouts that specialize in high work-rate resistance activities?**

- A. Boot Camp**
- B. METCON**
- C. Yoga**
- D. Pilates**

High work-rate resistance activities require workouts that keep effort elevated by performing resistance moves in quick succession with minimal rest. METCON programs are built around metabolic conditioning, usually in circuit or interval formats that pair strength exercises with cardio so the body stays under high demand throughout the session. This makes METCON the best fit for participants seeking intense resistance work in a group setting. Boot Camp can also be vigorous, but METCON is specifically designed to sustain high effort with resistance. Yoga and Pilates focus on flexibility, posture, and core control with lower or more controlled resistance, so they don't emphasize the same high work-rate, resistance-driven intensity.

**8. Phase One NASM OPT emphasizes improving stability of which structures?**

- A. Joint and core stability**
- B. Muscular endurance**
- C. Cardiovascular endurance**
- D. Power**

Focusing on stabilization of the joints and the core. Phase One (Stabilization Endurance) builds a solid base by improving neuromuscular control and proprioception around the spine and peripheral joints, so the body can maintain a neutral spine and stable pelvis during movement. This foundation helps prevent injuries and allows more efficient force transfer as you progress to harder training later. The approach uses low loads with high repetitions, slow tempo, and balance- and stability-focused exercises to teach proper alignment and control. While some muscular endurance is developed, the emphasis is on creating stable, properly aligned movement patterns rather than just increasing overall endurance, and cardiovascular endurance and power are addressed in later phases with different demands.

**9. The offering of a complementary group training session or fitness assessment is often categorized as what type of program?**

- A. Entry-level program**
- B. Growth program**
- C. Intermediate program**
- D. Maintenance program**

A complementary group training session or fitness assessment is primarily an onboarding experience for new clients. It introduces them to training, establishes baseline fitness and movement quality, and helps determine safe starting points and goals. This makes it an entry-level option, designed to help beginners or newcomers ease into a program and understand how coaching will work for them. In contrast, a growth or intermediate program targets clients who already have a foundation and want to progress further, while a maintenance program focuses on preserving gains after goals are met.

**10. A program designed to provide training stimulus that exceeds the current capabilities of the kinetic chain to elicit the optimal physical adaptations is taking advantage of what?**

- A. Principle of Specificity**
- B. Principle of Overload**
- C. Principle of Individuality**
- D. Principle of Reversibility**

Overload is the idea that to drive physical adaptations you must push the body beyond what it can currently handle. By increasing demand on the kinetic chain—through greater resistance, more volume, higher intensity, increased frequency, or shorter rest—you create a stimulus strong enough to elicit improvements in strength, power, or endurance. The body adapts to meet these greater demands, becoming more capable over time. If training never exceeds current limits, progress stalls. For contrast, specificity focuses on training adaptations tied to a particular task, individuality notes that people respond differently to the same stimulus, and reversibility describes loss of gains when training stops.

## 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](mailto:hello@examzify.com).**

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

**<https://nasmgpts.examzify.com>**

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

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