

NATIONAL ACADEMY OF SPORTS MEDICINE (NASM) CERTIFIED SPORTS NUTRITION COACH PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. What two nutrients are muscles primed to receive during the post-exercise recovery period?**
 - A. Fats and fibers
 - B. Carbohydrates and amino acids
 - C. Vitamins and minerals
 - D. Electrolytes and proteins
- 2. What is the recommended dietary fat intake for general athletes?**
 - A. 15 to 25% of total energy
 - B. 20 to 35% of total energy
 - C. 25 to 40% of total energy
 - D. 30 to 45% of total energy
- 3. Which tool estimates how quickly and how high a food raises blood glucose?**
 - A. Glycemic load
 - B. Glycemic index
 - C. Insulin response index
 - D. Satiety index
- 4. Which of the following is a common effect of nutrient timing?**
 - A. Increased muscle recovery.
 - B. Decreased hydration needs.
 - C. Reduced calorie expenditure.
 - D. Lowered intake of micronutrients.
- 5. What is a major criterion for diagnosing Anorexia?**
 - A. Recurrent binge eating
 - B. Significantly low body weight
 - C. Excessive exercise
 - D. Detachment from food-related activities

- 6. Which sport is considered primarily anaerobic?**
- A. Marathon running
 - B. Olympic weightlifting
 - C. Cycling
 - D. Swimming
- 7. Which factor is critical in creating personalized nutrition plans for athletes?**
- A. General population guidelines
 - B. Individual goals and needs
 - C. Trends in sports nutrition
 - D. Availability of supplements
- 8. For which type of athlete is carbohydrate-restricted training primarily used?**
- A. Strength training
 - B. Bodybuilding
 - C. Endurance
 - D. Powerlifting
- 9. What color urine is strongly associated with dehydration?**
- A. Pale yellow
 - B. Clear
 - C. Dark-colored
 - D. Light amber
- 10. What is a systematic review?**
- A. A type of observational study
 - B. A summary of individual case studies
 - C. A comprehensive overview of multiple studies on a specific topic
 - D. A qualitative assessment of research quality

Answers

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

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Explanations

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1. What two nutrients are muscles primed to receive during the post-exercise recovery period?

- A. Fats and fibers
- B. Carbohydrates and amino acids**
- C. Vitamins and minerals
- D. Electrolytes and proteins

During the post-exercise recovery period, muscles are particularly primed to receive carbohydrates and amino acids. This is primarily due to the body's need to replenish glycogen stores and support muscle repair and growth. After exercise, especially intense or prolonged workouts, glycogen stores in the muscles become depleted. Carbohydrates play a crucial role in quickly replenishing these stores, as they are broken down into glucose and then converted into glycogen within the muscles. Consuming carbohydrates shortly after exercise enhances the rate of glycogen synthesis, making it vital for optimal recovery. Amino acids, on the other hand, are the building blocks of proteins. During recovery, the muscles require amino acids to repair and build new muscle fibers, supporting recovery and adaptation to the exercise stimulus. A combination of both carbohydrates and proteins in the recovery meal or snack aids in maximizing muscle recovery and adaptation. While other options mention nutrients that are important for overall health and bodily functions, they do not specifically address the immediate recovery needs of muscles after exercise. Fats and fibers provide energy and digestive health benefits, vitamins and minerals support metabolic pathways, and electrolytes help with hydration, but they are not as critical as carbohydrates and amino acids in the post-exercise recovery phase.

2. What is the recommended dietary fat intake for general athletes?

- A. 15 to 25% of total energy
- B. 20 to 35% of total energy**
- C. 25 to 40% of total energy
- D. 30 to 45% of total energy

The recommended dietary fat intake for general athletes falls within the range of 20 to 35% of total energy. This percentage is established to support the energy needs of physically active individuals while ensuring they receive the essential fatty acids necessary for various physiological functions, including hormone production, cell membrane integrity, and overall health. Fats are a vital macronutrient that serve as a concentrated energy source, especially during prolonged, moderate-intensity exercise. Adequate fat intake also plays an important role in the absorption of fat-soluble vitamins (A, D, E, and K), which are crucial for overall health and performance. For athletes, consuming fats within this range provides both sufficient energy and supports the metabolic processes needed for recovery and performance without displacing the necessary intake of carbohydrates and proteins. Remaining within this recommended range helps in managing body composition and optimizing performance outcomes, making it a balanced approach for most athletes.

3. Which tool estimates how quickly and how high a food raises blood glucose?

- A. Glycemic load
- B. Glycemic index**
- C. Insulin response index
- D. Satiety index

The glycemic index is a valuable tool used to estimate how quickly and how high a particular food raises blood glucose levels. It ranks carbohydrates on a scale from 0 to 100 based on how they affect blood sugar levels after consumption. Foods with a high glycemic index are rapidly digested and absorbed, leading to swift spikes in blood glucose. In contrast, foods with a low glycemic index release glucose more slowly and steadily, contributing to more stable blood sugar levels. This distinction is important for those managing blood sugar, including individuals with diabetes, as well as for athletes looking to optimize performance and recovery through dietary choices. Understanding the glycemic index enables individuals to select foods that better support their energy needs while maintaining healthy blood glucose levels.

4. Which of the following is a common effect of nutrient timing?

- A. Increased muscle recovery.**
- B. Decreased hydration needs.
- C. Reduced calorie expenditure.
- D. Lowered intake of micronutrients.

Nutrient timing refers to the strategic planning of nutrient intake around physical activity to enhance performance and recovery. One of the primary effects of nutrient timing is increased muscle recovery. When athletes or individuals consume nutrients, particularly carbohydrates and proteins, at specific times – such as before, during, and after exercise – it helps to optimize glycogen replenishment, promote muscle protein synthesis, and accelerate the recovery process after workouts. This is essential for reducing muscle soreness, rebuilding muscle tissue, and preparing the body for subsequent training sessions. While the other options may relate to different aspects of nutrition and physiology, they do not accurately reflect the primary outcomes associated with nutrient timing. For instance, decreased hydration needs is not typically a direct effect of nutrient timing, as hydration is usually based on fluid intake rather than the timing of nutrient consumption. Similarly, nutrient timing does not inherently lead to reduced calorie expenditure or a lowered intake of micronutrients; in fact, maintaining adequate nutrient intake can help support overall metabolism and nutrient requirements, including micronutrient levels. Thus, the correct association with nutrient timing is the enhancement of muscle recovery.

5. What is a major criterion for diagnosing Anorexia?

- A. Recurrent binge eating
- B. Significantly low body weight**
- C. Excessive exercise
- D. Detachment from food-related activities

A major criterion for diagnosing Anorexia Nervosa is significantly low body weight. This condition is characterized by an individual maintaining a body weight that is significantly below what is considered healthy for their age, sex, and developmental history. This is typically defined as a body mass index (BMI) less than 18.5 for adults, but the specific thresholds can vary depending on the population. The emphasis on low body weight is critical in the diagnosis because it reflects the severe restriction of food intake that accompanies the disorder. Individuals with anorexia often have a distorted body image and a fear of gaining weight, which drives them to restrict their food intake severely. This criterion establishes the presence of one of the most dangerous aspects of the disorder, as it can lead to various health complications due to malnutrition. Other factors, while they might relate to eating behaviors or psychological components of the disorder, do not serve as primary diagnostic criteria. For example, excessive exercise and detachment from food-related activities can be seen in some individuals with anorexia but are not central to the diagnosis itself. Recurrent binge eating is associated with other eating disorders, such as Binge Eating Disorder or Bulimia Nervosa, which differs fundamentally from anorexia.

6. Which sport is considered primarily anaerobic?

- A. Marathon running
- B. Olympic weightlifting**
- C. Cycling
- D. Swimming

Olympic weightlifting is considered primarily anaerobic because it involves short bursts of high-intensity activity that rely heavily on the body's anaerobic energy systems. In Olympic weightlifting, athletes lift maximum weights for very short periods, often lasting only a few seconds. This type of exertion taps into the phosphagen system, which provides immediate energy for intense activities but depletes quickly, typically within 10 seconds. In contrast, other sports listed involve varying energy systems. Marathon running, for instance, is predominantly aerobic, as it requires prolonged, steady-state endurance efforts. Cycling and swimming can also have both aerobic and anaerobic components depending on the intensity and duration of the effort. However, the nature of Olympic weightlifting distinctly emphasizes explosive, short-duration performances that align with anaerobic conditioning and energy utilization, marking it as the primary anaerobic sport among the choices provided.

7. Which factor is critical in creating personalized nutrition plans for athletes?

- A. General population guidelines
- B. Individual goals and needs**
- C. Trends in sports nutrition
- D. Availability of supplements

Creating personalized nutrition plans for athletes is heavily dependent on individual goals and needs. Each athlete has unique requirements based on factors such as their sport, level of competition, fitness goals, body composition, and any pre-existing conditions. Understanding these individual aspects allows a nutrition coach to tailor dietary recommendations that will effectively enhance performance, support recovery, and meet energy demands. Focusing on individual goals ensures that the nutrition plan aligns with what the athlete aims to achieve, whether that's building muscle, improving endurance, or losing weight. Additionally, personal preferences, dietary restrictions, and lifestyle factors also play a critical role in crafting an effective and sustainable nutrition strategy. Therefore, the emphasis on personalizing nutrition based on the specific needs of the athlete is key to achieving optimal results. While general population guidelines, trends in sports nutrition, and supplement availability may provide useful information, they are less relevant when it comes to tailoring a plan specific to an athlete's personal circumstances.

8. For which type of athlete is carbohydrate-restricted training primarily used?

- A. Strength training
- B. Bodybuilding
- C. Endurance**
- D. Powerlifting

Carbohydrate-restricted training is primarily employed by endurance athletes. The rationale behind this approach is that it can help to enhance the body's ability to utilize fat as a primary energy source during prolonged exercise. In endurance sports, such as long-distance running or cycling, athletes are often working at a steady, moderate intensity for extended periods. By reducing carbohydrate intake in training, the body adapts by increasing its capacity to oxidize fat, thereby potentially improving performance during endurance events. Endurance athletes often benefit from this training strategy because their events require sustained energy overall, and by optimizing fat metabolism, they can potentially spare muscle glycogen, which is crucial for continued performance over long durations. This approach can be part of a strategic training phase as athletes prepare for events, aiming to fine-tune their energy systems for optimal results when it matters most. In contrast, strength training, bodybuilding, and powerlifting primarily focus on maximizing muscle mass and strength, where carbohydrates play a critical role in providing immediate energy and aiding recovery. Hence, the carbohydrate-restricted strategy is not typically suited to these types of athletes, who rely more heavily on carbohydrate intake to support their training and performance goals.

9. What color urine is strongly associated with dehydration?

- A. Pale yellow
- B. Clear
- C. Dark-colored**
- D. Light amber

Dark-colored urine is strongly associated with dehydration because it indicates a higher concentration of waste products and less diluted urine. When the body is dehydrated, it retains water, leading to more concentrated urine that has a darker hue. In contrast, well-hydrated individuals typically have urine that is pale yellow or clear, indicating optimal hydration levels and dilution of waste products. Light amber urine may also suggest mild dehydration, but dark-colored urine more distinctly signals a need for increased fluid intake to restore hydration status. Understanding this relationship is essential for recognizing hydration needs and is a fundamental aspect of sports nutrition coaching.

10. What is a systematic review?

- A. A type of observational study
- B. A summary of individual case studies
- C. A comprehensive overview of multiple studies on a specific topic**
- D. A qualitative assessment of research quality

A systematic review is defined as a comprehensive overview of multiple studies on a specific topic. This type of review involves a structured and methodical approach to gather, evaluate, and synthesize existing research findings. By systematically assessing research studies, a systematic review provides insights and conclusions based on the totality of evidence, which makes it particularly valuable for understanding complex issues in fields such as sports nutrition. The focus on compiling and analyzing data from various studies helps identify patterns, discrepancies, and gaps in the research, allowing practitioners and researchers to make informed decisions based on a broad base of evidence rather than relying on isolated studies. This rigorous methodology ensures that the review is thorough and minimizes bias, making the conclusions more reliable and applicable to practice. In contrast to the other options, which describe different forms of research or assessment, a systematic review encapsulates the critical evaluation of extensive literature rather than focusing on singular or limited scopes.

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.

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

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