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## NASM CES Practice Exam- Complete Questions and Answers (Graded A+)

population is obese - ANSWER - 33%

Which adductor muscle has fibers that can concentrically accelerate extension of the femur? - ANSWER - Adductor magnus

Which muscle eccentrically decelerates hip adduction, and internal rotation? - ANSWER - Gluteus medius (posterior fibers)

Which muscle is the primary frontal plane stabilizer of the knee complex? - ANSWER - Gluteus medius

Which muscle eccentrically decelerates humeral external rotation, abduction, and flexion? - ANSWER - Teres major

Which muscle concentrically produces extension of the hip, and a posterior tilt of the pelvis? - ANSWER - Gluteus maximus

Which muscle decelerates humeral external rotation, abduction, and flexion? - ANSWER - Teres major

Which muscle concentrically accelerates external rotation of the humerus? - ANSWER - Teres minor

Which combination of joint motions occur at the foot/ankle during lower body pronation? - ANSWER - dorsiflexion, eversion, abduction

During resistance training, which action by the muscle(s) prevents weight/resistance from accelerating in an uncontrolled manner as a result of gravitational force? - ANSWER - Eccentric

What is the name of the hyperbolic relationship which shows that the velocity of a concentric contraction increases, the developed tension decreases? - ANSWER - force-velocity curve

Which subsystem consists of force-couple relationships that primarily control the pelvis and femur in the frontal plane during single-leg functional movements such as gait, lunges, or stair climbing? - ANSWER - lateral subsystem

# Nasm Ces Exam Answers

**Jiyuan Zhang**



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