
2024 NASM CPT Exam 1
New Full Questions and Answers (Included) 100% Correct

1. Golgi tendon

Answer: musculotendonous junction that detects tension applied to tendon during slow static stretch.

2. Cardio Output

Answer: amount of blood pumped out by each side of the heart in 1 min.

3. Davie's Law

Answer: soft tissue models along the lines of stress.

4. Reciprocal inhibition

Answer: muscles on one side of a joint relaxing to accommodate contraction on the other side of that joint.

5. Agonist Muscle

Answer: the muscle that contracts to produce a movement; prime mover.

6. Antagonist Muscle

Answer: the muscle that has an action opposite to that of the agonist and helps in the production of a coordinated movement.

7. Prime Mover

Answer: the muscle that acts as the initial and main source of motive power.

8. Static Stretching

Answer: a technique in which a muscle is slowly and gently stretched and then held in the stretched position.

9. Autogenic Inhibition

Answer: the process when neural impulses that sense tension is greater than the impulses that cause muscles to contract, providing an inhibitory effect to the muscle spindles.

10. Force Couple Relationship

Answer: muscle groups moving together to produce movement around a joint; muscles in a force-couple provide divergent pulls on the bone or bones they connect with which is a result of the fact that each muscle has different attachment sites, pulls at a different angle, and create a different force on that joint.

11. Oxidative System

Answer: relies primarily on carbohydrates and fats for the production of ATP. This system is the

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NASM Study Guide Ascencia,2020-08-12

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Nasm Personal Trainer

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Matthew Bowling, 2023-05-15

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