
NASM CPT practice test 2023

Davis's law states which of the following?

Select one:

- a. A chronically shortened muscle will demonstrate poor neuromuscular efficiency.
- b. Soft tissue models along the lines of stress.
- c. A tight agonist muscle will decrease neural drive to its functional antagonist.
- d. The body will seek the path of least resistance during functional movement patterns. - ✓✓b. Soft tissue models along the lines of stress

Which of the following muscles is underactive if a client demonstrates an anterior pelvic tilt?

Select one:

- a. Erector spinae
- b. Psoas
- c. Latissimus dorsi
- d. Gluteus maximus. - ✓✓d. Gluteus maximus

When assessing an overhead squat, an indication of relative flexibility due to tightness in the lateral gastrocnemius is:

Select one:

- a. the knees moving inward.
- b. external rotation of the feet.
- c. excessive forward lean.
- d. low back arches. - ✓✓b. external rotation of the feet.

When talking to a client, conversational techniques that express the purported meaning of what was just heard are referred to as:

Select one:

- a. reflections.

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David Kirk



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