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# **NASM CERTIFICATION STUDY GUIDE | 100% Correct Answers | Verified | Latest 2024 Version**

What type of listening involves making a best guess as to what the speaker means, then stating it back to the speaker? - ✓✓Active listening

A client has been journaling their behavior. They find that if they get home and sit on the couch to watch television, they do not end up exercising. But if they bring their gym clothes to work with them and change before leaving the office, they are more likely to exercise. Which behavior change technique are they using? - ✓✓Self-monitoring

A long-term client has recently indicated that she wants to start training for a fitness competition and, due to her competitive nature, she indicates that she wants to win. Which type of motivation is driving her? - ✓✓Extrinsic motivation

The number of sidewalks available in a community is an example of which of the following? - ✓✓The built environment

Having an informal role in an exercise group is demonstrated by which example? - ✓✓Planning social gatherings for the group

What term is defined as the generic modifiable factors that impact behavior? - ✓✓Determinants

What might a Certified Personal Trainer do for someone in the precontemplation stage of change? - ✓✓Provide them with education and knowledge

This is a conversational technique that helps the listener express the supposed meaning of what was just heard. - ✓✓Reflections

# Nasm Certification Study Guide

**JR Anderson**



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