

NASM Practice Test Questions and Answers

1. What does BMI stand for?

- A) Basal Metabolic Indicator
- B) Body Mass Index
- C) Blood Mass Index
- D) Body Metric Indicator

2. What does VO₂ max measure?

- A) Maximal heart rate
- B) Maximum oxygen uptake
- C) Lactate threshold
- D) Muscle power output

3. Which vitamin is fat-soluble?

- A) Vitamin C
- B) Vitamin B₁₂
- C) Vitamin D
- D) Vitamin B₆

4. What type of joint is the elbow?

- A) Ball-and-socket
- B) Saddle
- C) Hinge
- D) Pivot

Answers: 1-B 2-B 3-C 4-C

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