NATIONAL ACADEMY OF SPORTS MEDICINE (NASM) CERTIFIED SPORTS NUTRITION COACH PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://nasm-certifiedsportsnutrition.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. **Which of the following is NOT a purpose of a short-term hydration strategy?**

   A. Limiting electrolyte intake

   B. Maintaining hydration levels

   C. Optimizing performance

   D. Preventing dehydration

2. **Which amino acid is considered conditionally essential?**

   A. Leucine

   B. Threonine

   C. Glycine

   D. Proline

3. **What is a hypothesis?**

   A. A proven fact

   B. A proposed explanation based on evidence

   C. A widely accepted theory

   D. An assumption without evidence

4. **What is the recommended carbohydrate consumption for endurance athletes?**

   A. 5 to 7 g/kg/day

   B. 7 to 10 g/kg/day

   C. 3 to 4 g/kg/day

   D. 2 to 4 g/kg/day

5. **What term refers to material that has not been scrutinized by others?**

   A. Verified information

   B. Critical information

   C. Unfiltered information

   D. Validated data

SAMPLE

6. What is a potential goal for nutrition education when working with adolescent athletes?

A. Emphasizing competition over health

B. Ensuring energy demands are met

C. Focusing solely on weight loss

D. Neglecting hydration needs

7. Which type of muscle fibers is known to store higher amounts of intramuscular triglycerides?

A. Type I fibers

B. Type IIa fibers

C. Type IIb fibers

D. All muscle fibers

8. What is the requirement or impact of an activity, usually exercise, on the metabolic requirement of an organism?

A. Energy expenditure

B. Physical demand

C. Metabolic demand

D. Activity ratio

9. What body system primarily regulates hydration during exercise?

A. Nervous system

B. Muscular system

C. Endocrine system

D. Circulatory system

10. What two amino acids make up almost all of collagen proteins?

A. Alanine and leucine

B. Glycine and proline

C. Serine and valine

D. Cysteine and methionine

SAMPLE

Answers

SAMPLE

1. A
2. C
3. B
4. B
5. C
6. B
7. A
8. C
9. C
10. B

SAMPLE

Explanations

SAMPLE

1. Which of the following is NOT a purpose of a short-term hydration strategy?

A. Limiting electrolyte intake

B. Maintaining hydration levels

C. Optimizing performance

D. Preventing dehydration

A short-term hydration strategy is primarily focused on ensuring that an athlete's body is adequately hydrated to support their performance and overall health, particularly before, during, and after physical activity. The main purposes of such a strategy include maintaining hydration levels, optimizing performance, and preventing dehydration, all of which are crucial for athletes to function at their best. Limiting electrolyte intake is not a goal of these hydration strategies. In fact, managing electrolyte balance is a key component of hydration, especially during intense physical activity or in hot environments, where electrolyte loss through sweat can be substantial. Therefore, the emphasis in short-term hydration strategies is on ensuring adequate hydration and electrolyte levels rather than limiting them. This approach helps support physiological functions, maintain muscle function, and enhance recovery, all of which contribute to optimal performance.

2. Which amino acid is considered conditionally essential?

A. Leucine

B. Threonine

C. Glycine

D. Proline

Glycine is considered a conditionally essential amino acid because, under normal conditions, the body can synthesize it from other compounds. However, in certain situations such as illness, trauma, or high levels of stress, the body's demand for glycine exceeds its capacity to produce it. During these times, dietary intake becomes more important, and additional sources of glycine may be necessary to maintain proper physiological functions, such as supporting collagen synthesis and neurotransmitter function. Leucine and threonine, on the other hand, are essential amino acids, which means that they cannot be synthesized by the body and must be obtained through diet at all times. Proline, while sometimes classified as conditionally essential, is typically synthesized in sufficient quantities to meet the body's needs under most conditions, making glycine's classification more prominent in discussions of conditional essentiality.

3. What is a hypothesis?

A. A proven fact

B. A proposed explanation based on evidence

C. A widely accepted theory

D. An assumption without evidence

A hypothesis is fundamentally a proposed explanation or prediction that is grounded in preliminary observations or existing evidence. It serves as a starting point for further investigation and experimentation. In the scientific method, a hypothesis is formulated based on accumulated knowledge, allowing researchers to explore its validity through experimentation and data collection. The strength of a hypothesis lies in its testability; it must be framed in a way that allows it to be supported or refuted through empirical data. This distinguishes it from a proven fact, as it has not yet been conclusively demonstrated, and from a widely accepted theory, as it is typically a more specific and narrowly focused statement. Additionally, unlike an assumption made without evidence, a hypothesis is always based on prior knowledge or observation that informs its creation. This framework establishes the groundwork for scientific inquiry and helps advance our understanding of various phenomena.

EXAMPLE

4. What is the recommended carbohydrate consumption for endurance athletes?

A. 5 to 7 g/kg/day

B. 7 to 10 g/kg/day

C. 3 to 4 g/kg/day

D. 2 to 4 g/kg/day

Endurance athletes have unique nutritional needs due to the high demands of their training and competitions. The recommended carbohydrate consumption for these athletes is in the range of 7 to 10 grams per kilogram of body weight per day. This higher intake supports their energy needs, aids in maintaining glycogen stores, and enhances performance and recovery. Endurance events, which can last for several hours, require a significant amount of readily available energy. Carbohydrates are the primary fuel source for high-intensity exercise, and consuming them at this level helps to optimize physical endurance, improve training adaptations, and ensure that athletes can perform at their best without depleting energy reserves. The lower carbohydrate recommendations would not adequately support the energy requirements of athletes engaged in extensive training and competition, which is why they are not suitable for endurance athletes. The focus on 7 to 10 g/kg/day allows for sufficient glycogen replenishment and helps stave off fatigue, promoting improved performance over extended periods.

5. What term refers to material that has not been scrutinized by others?

A. Verified information

B. Critical information

C. Unfiltered information

D. Validated data

The term "unfiltered information" refers to material that has not undergone scrutiny, peer review, or validation by others. This type of information is often raw and may not have been assessed for accuracy, reliability, or quality. In contexts such as sports nutrition or any scientific field, it is crucial to differentiate between unfiltered information and information that has been vetted through rigorous processes. Understanding this distinction is important for both professionals and consumers, as unfiltered information can lead to misinterpretations or reliance on potentially misleading data. Consequently, it is vital to seek out verified, validated, or critically reviewed information to make informed decisions.

SAMPLE

6. What is a potential goal for nutrition education when working with adolescent athletes?

A. Emphasizing competition over health

B. Ensuring energy demands are met

C. Focusing solely on weight loss

D. Neglecting hydration needs

Ensuring energy demands are met is a fundamental goal for nutrition education, especially when working with adolescent athletes. During adolescence, individuals undergo significant growth and development, both physically and mentally. Adolescent athletes have increased energy requirements due to their intense training and competition schedules. Proper nutrition is crucial to support their performance, recovery, and overall health. Meeting energy demands helps ensure that adolescent athletes have the necessary fuel to perform at their best, maintain healthy body composition, and support their growing bodies. Nutrition education should focus on teaching these athletes about the importance of a balanced diet that includes carbohydrates, proteins, fats, vitamins, and minerals, as well as understanding how to appropriately calculate their energy needs. By emphasizing energy balance and nutritional quality, educators can help adolescent athletes avoid potential issues related to under-eating or improper nutrition that could negatively impact their athletic performance and overall well-being.

7. Which type of muscle fibers is known to store higher amounts of intramuscular triglycerides?

A. Type I fibers

B. Type IIa fibers

C. Type IIb fibers

D. All muscle fibers

Type I muscle fibers, often referred to as slow-twitch fibers, are characterized by their endurance capabilities and ability to sustain prolonged activities. One of the key reasons they are adept at endurance performance is their capacity to store higher amounts of intramuscular triglycerides. These fibers have a rich supply of mitochondria and are more vascularized, which allows for greater utilization of fat as a fuel source. The presence of intramuscular triglycerides is crucial for Type I fibers because they tend to rely more on aerobic metabolism, drawing energy from fats during prolonged, low-intensity exercise. This characteristic supports activities like long-distance running or cycling, where endurance is pivotal. In contrast, Type IIa fibers, also known as fast-twitch oxidative fibers, do have some capacity to store triglycerides, but not to the same extent as Type I fibers. They primarily utilize glucose and have a higher reliance on anaerobic metabolism, making them less suited for sustained endurance work. Type IIb fibers, being the fastest and predominantly glycolytic, have minimal storage of triglycerides and are primarily focused on short bursts of power and strength. Understanding the different metabolic characteristics of muscle fibers emphasizes the importance of training and nutrition tailored to an athlete's performance goals. Type I fibers' ability

SAMPLE

8. What is the requirement or impact of an activity, usually exercise, on the metabolic requirement of an organism?

A. Energy expenditure

B. Physical demand

C. Metabolic demand

D. Activity ratio

The correct answer, which identifies the requirement or impact of an activity on the metabolic needs of an organism, is "metabolic demand." Metabolic demand refers to the level of energy and physiological resources that the body requires to perform various activities, including exercise. It encompasses the energy expenditure that occurs during a specific activity, the rate of oxygen consumption, and the metabolic processes that are activated to meet the energy needs of the body. Understanding metabolic demand is crucial for optimizing training regimens, nutrition strategies, and recovery protocols, as it takes into account both the intensity and duration of physical activities. This concept helps professionals analyze how different exercises impact an individual's metabolism and energy balance, guiding them in creating tailored fitness and nutrition programs for clients. In contrast to the correct answer, energy expenditure specifically measures the total calories burned during an activity but does not encompass the broader implications of metabolic demand. Physical demand, while related, tends to focus more on the physical exertion required rather than the underlying metabolic processes. The activity ratio is not a widely recognized term in this context, further distinguishing "metabolic demand" as the most appropriate choice for describing the impact of activity on an organism's metabolic requirements.

9. What body system primarily regulates hydration during exercise?

A. Nervous system

B. Muscular system

C. Endocrine system

D. Circulatory system

The endocrine system plays a crucial role in regulating hydration during exercise. This system is responsible for hormone production, which directly influences fluid balance in the body. Key hormones involved include antidiuretic hormone (ADH) and aldosterone. During exercise, increased adrenaline levels and the release of these hormones help to retain water, maintaining hydration and electrolyte balance. This regulation is vital because dehydration can negatively impact performance and overall health. In contrast, while the nervous system does assist in body functions and responds to dehydration signals, it does not primarily regulate hydration. The muscular system is involved in physical activity and energy consumption but is not directly responsible for fluid balance. The circulatory system transports fluids and nutrients, but it does not regulate hydration levels; rather, it distributes the fluids managed by the endocrine system. Hence, the endocrine system is indeed the primary regulator of hydration during exercise.

SAMPLE

10. What two amino acids make up almost all of collagen proteins?

A. Alanine and leucine

B. Glycine and proline

C. Serine and valine

D. Cysteine and methionine

Collagen proteins are primarily composed of two specific amino acids: glycine and proline. Glycine is the most abundant amino acid in collagen, contributing to its unique triple helix structure, which is crucial for maintaining the strength and stability of connective tissues. Proline also plays a significant role in stabilizing the collagen structure by forming hydrogen bonds with other components of the collagen matrix. The predominance of these two amino acids allows collagen to provide the strength and resilience found in skin, tendons, ligaments, and other connective tissues throughout the body. Understanding the composition of collagen is essential for professionals in sports nutrition and health, as it pertains to recovery, injury prevention, and overall athletic performance.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://nasm-certifiedsportsnutrition.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE