
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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Emilie Sanchez

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the name bar.

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an electrical contractor licensed in accordance with the ontario regulation 570 05 licensing of electrical contractors and master electricians made under the electricity act 1998 18 add the following definition national building code of canada the ontario building code 19 add the following definition requirements of the supply

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to improve the safety of electrical equipment across the province a new version of the canadian electrical code was adopted in bc effective october 1 2022 the new code includes changes to support electrical workers in the safe installation and maintenance of electrical systems and equipment

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the following are explanatory material for some code requirements regarding buried electrical wiring that are applicable to most residential applications canadian electrical code part 1 warning tape typical for all examples as per subrule 11 raceway or cable

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aug 3 2016 rules 26 544 to 26 552 outline the requirements for location ventilation of batteries and battery rooms or areas installation and wiring to batteries rule 26 554 specifies that for the installation of electrical equipment in a battery room it be considered a dry location

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aug 30 2019 featuring the latest industry standards and procedures the eighth canadian edition of electrical wiring residential provides comprehensive authoritative coverage of the 2018 canadian electrical code as well as a thorough

grounding in

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dec 11 2017 open wiring rules 12 200 to 12 224 apply to single conductors run as open wiring colloquially referred to as knob and tube wiring exposed wiring on exteriors of buildings and between buildings on the same premises rules 12 302 to 12 318 bare busbars and risers rules 12 400 non metallic sheathed cable rules 12 500 to 12 526 nmsc

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csa group is a leader in electrical standards csa electrical standards work began with the canadian electrical code part i and we've worked for over 90 years to improve safety energy performance and sustainability in the electrical utility sector the csa electrical standards effort has helped develop canadian electrical code part iii and power engineering standards

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june 14 2021 by steve douglas senior technical codes specialist qps this is the first of a series of articles detailing significant changes for the 2021 canadian electrical code part i ce code that may impact electrical equipment manufacturers a full copy of the ce code is available here

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