



# 010-111<sup>Q&As</sup>

ACSM Certified Personal Trainer

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#### QUESTION 1

What is the recommendation for daily physical activity for youth?

- A. 30 minutes at low intensity and 30 minutes at moderate intensity
- B. 60 minutes at 40-59% HRR
- C. 30 minutes at moderate intensity and 30 minutes at vigorous intensity
- D. 60 minutes at low intensity

Correct Answer: C

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#### QUESTION 2

What is the term used to describe the body's ability to utilize oxygen during exercise?

- A. Lactate threshold
- B. Anaerobic threshold
- C. Anaerobic capacity
- D. Oxygen consumption

Correct Answer: D

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#### QUESTION 3

Your new client is a 42 year old male who is a stock broker. His health history revealed the following: total cholesterol 185 mg/dL (4.7 mmol/L), HDL 32 mg/dL (0.8 mmol/L), LDL 110 mg/dL (2.8 mmol/L), resting blood pressure 138/80 mm Hg, waist circumference 98 centimeters. Based on the client's initial risk classification, what is the most appropriate suggestion for the client regarding his exercise program?

- A. Begin a low intensity exercise program until medical clearance is obtained.
- B. Begin a vigorous exercise program immediately.
- C. Refrain from all activity until medical clearance is obtained.
- D. Require a maximal graded exercise test prior to starting the exercise program.

Correct Answer: B

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#### QUESTION 4

A 35 year old male client has a goal of completing a sprint distance triathlon. The Certified Personal Trainer prescribes an exercise regimen of swimming 2 days per week, running 3 days per week, and bicycling 2 days per week. What



training principle is being used?

- A. Reversibility
- B. Overload
- C. Progression
- D. Specificity

Correct Answer: D

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#### QUESTION 5

A subject with elbows held at 90 degrees of flexion is handed a 150 lb (68.1kg) barbell. Even though he exerts maximal tension, the barbell causes the joint angle to increase to 170 degrees. Which one of the following describes the muscle action during the extension?

- A. Isotonic concentric
- B. Isotonic eccentric
- C. Isokinetic concentric
- D. Isokinetic eccentric

Correct Answer: B

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