



010-111^{Q&As}

ACSM Certified Personal Trainer

Pass ACSM 010-111 Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.passapply.com/010-111.html>

100% Passing Guarantee
100% Money Back Assurance

Following Questions and Answers are all new published by ACSM
Official Exam Center

-  **Instant Download** After Purchase
-  **100% Money Back** Guarantee
-  **365 Days** Free Update
-  **800,000+** Satisfied Customers





QUESTION 1

Following a 12 week aerobic conditioning program, an individual running at a submaximal workload would be expected to have a(n) _____ circulating blood lactate level as compared to the value obtained at that same absolute workload prior to the conditioning program.

- A. somewhat higher
- B. somewhat lower
- C. substantially higher
- D. equivalent

Correct Answer: B

QUESTION 2

Downhill running is characterized by eccentric activation of the _____.

- A. hamstrings
- B. transverse abdominus
- C. brachioradialis
- D. quadriceps

Correct Answer: D

QUESTION 3

Which statement is true regarding exercise for the prepubescent child?

- A. Children are less tolerant of heat because of a higher threshold for sweating.
- B. Since children are anatomically immature, they should not participate in any form of resistance training exercise.
- C. Due to the lack of development of the epiphyseal growth plates, children should not participate in any form of endurance training.
- D. Children should perform at a low level of exertion only.

Correct Answer: A

QUESTION 4

Which of the following locations is most sensitive to the baroreceptor reflex , when palpating the pulse of an exercising client?



- A. Radial artery
- B. Carotid artery
- C. Brachial artery
- D. Femoral artery

Correct Answer: B

QUESTION 5

During the concentric phase of a chin-up (with the forearms in a supinated grip) the glenohumeral joint is moving through _____ in the _____ plane.

- A. abduction, frontal
- B. extension, sagittal
- C. flexion, sagittal
- D. adduction, frontal

Correct Answer: B

QUESTION 6

Which recommendation is most appropriate for the hypertensive individual training to improve cardio respiratory endurance?

- A. walking at 35% VO₂ reserve
- B. interval training at 95% HR reserve
- C. swimming at 65% VO₂ reserve
- D. circuit weight training at 55% of HR reserve

Correct Answer: C

QUESTION 7

Which is a limiting factor when using the body mass index (BMI) to determine obesity and disease risk?

- A. Body density must be computed or estimated first.
- B. Skinfold thicknesses must be measured first.
- C. Fat and lean tissue weights are differentiated.
- D. Over estimates individuals with above average muscle mass.



Correct Answer: D

QUESTION 8

Older adults may have difficulty performing activities of daily living due to _____.

- A. decreased joint mobility
- B. increased percent of type I muscle fibers
- C. decreased maximal heart rate
- D. increased muscle elasticity

Correct Answer: A

QUESTION 9

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

QUESTION 10

Which of the following blood lipids is influenced more by physical activity than by nutrition modification?

- A. LDL
- B. HDL
- C. VLDL
- D. Total cholesterol

Correct Answer: B

QUESTION 11

What is the primary muscle group involved in trunk flexion while standing during the eccentric phase of the movement?

- A. Iliopsoas



- B. Rectus Abdominis
- C. Erector Spinae
- D. Biceps Femoris

Correct Answer: C

QUESTION 12

A client's workout record shows changes in exercise volume and intensity over time. What training concept is being demonstrated?

- A. Specificity
- B. Overtraining
- C. Reversibility
- D. Periodization

Correct Answer: D

QUESTION 13

Which of the following is the most important exercise to include in an overall training plan for an apparently healthy automobile mechanic who performs daily overhead movements?

- A. Lat pulldown
- B. Upright Row
- C. Tricep extension
- D. Shoulder press

Correct Answer: D

QUESTION 14

During your initial assessment of your client, you notice her resting heart rate is 45 beats per minute, while asymptomatic and not taking any medication. Based on this information, what best describes the heart rate?

- A. Regular
- B. Tachycardia
- C. Bradycardia
- D. Normal



Correct Answer: C

QUESTION 15

The recommended initial treatment for an acute joint injury is the application of which of the following?

- A. Compression combined with short intervals of cold and heat.
- B. Elevation and heat.
- C. Compression and heat.
- D. Compression and cold.

Correct Answer: D

[010-111 VCE Dumps](#)

[010-111 Practice Test](#)

[010-111 Study Guide](#)