

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

ACSM Certified Personal Trainer

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#### QUESTION 1

When performing neck flexion in the sagittal plane, which of the following exercises best mimics that movement?

- A. Cartwheel
- B. Somersault
- C. Bicep curl
- D. Leg curl

Correct Answer: B

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#### QUESTION 2

You are working as a certified Personal Trainer, and have a client who recently confided to you that she is getting divorced. She admits to you that her exercise routine has suffered as a result of the increased stress. Which of the following actions is most appropriate for you to take?

- A. Recommend that she increase the duration of her sessions scheduled with you as a way to cope with this stressful situation.
- B. Recommend that she seek a mental health professional who can help her manage the increased stress.
- C. Make a future appointment with her to discuss the divorce.
- D. Recommend that she increase the number of sessions scheduled with you as a way to cope with this stressful situation.

Correct Answer: B

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#### QUESTION 3

Which of the following exercises is contraindicated by the American College of Sports Medicine?

- A. Pelvic tilt
- B. Trunk extensions
- C. Seated hip/trunk flexion
- D. Unsupported hip/trunk flexion

Correct Answer: D

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#### QUESTION 4

Your client has discovered she is pregnant through a home pregnancy test. She wants to continue to exercise during

her pregnancy and is seeking your help. What is the best recommendation?

- A. Encourage her to continue with her current exercise program with minimal modification until the second trimester.
- B. Decrease the work volume for each workout session.
- C. Encourage her to consult with her physician for any possible limitations.
- D. Encourage her to continue exercising at 50% of her age-predicted maximal heart rate.

Correct Answer: C

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#### QUESTION 5

As the intensity of dynamic exercise increases, which of the following sets of responses occurs?

- A. Heart rate, systolic blood pressure, and diastolic blood pressure increase.
- B. Heart rate and systolic blood pressure increase, diastolic pressure remains unchanged.
- C. Heart rate and systolic blood pressure increase, stroke volume and cardiac output remain the same.
- D. Stroke volume decreases, heart rate and cardiac output increase.

Correct Answer: B

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#### QUESTION 6

Which of the following statements is correct regarding the warm-up and cool-down components of the exercise training session?

- A. Warm-up should last twice as long as cool-down.
- B. Cool-down should approximate an intensity that is between 40 and 60% of VO<sub>2</sub>R
- C. Warm-up need not involve cardiorespiratory activity if the conditioning phase of the exercise session involves resistance training.
- D. Cool-down during the exercise session can be eliminated if at least 10 minutes of stretching is performed instead.

Correct Answer: B

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#### QUESTION 7

Which of the following occurs when walking or running up an incline?

- A. Greater flexibility of the soleus
- B. Lesser force of action from the gluteus maximus
- C. Lesser force of action of the knee extensors

D. Lesser flexibility of the plantar flexors

Correct Answer: A

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#### QUESTION 8

When reading the label on a new "energy" bar, you notice that the bar is "sweetened with fructose". Based on this label, which of the following conclusions can you make about this product?

- A. The bar is sweetened with a disaccharide.
- B. Fructose in this bar would give it a high glycemic index.
- C. The bar is sweetened with a monosaccharide.
- D. Fructose is a type of organic micronutrient.

Correct Answer: C

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#### QUESTION 9

Which of the following is the term used for a training regimen that begins with rapid eccentric muscle action followed by concentric action of the same muscle?

- A. Proprioceptive Neuromuscular Facilitation
- B. Plyometrics
- C. Dynamic Activity Preparation
- D. Progression

Correct Answer: B

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#### QUESTION 10

Which of the following is the correct sequence of events when starting the process for exercise prescription for a new client?

- A. Obtain a medical history, have the client perform a risk factor assessment, interpret the data, prescribe exercise, give lifestyle counseling.
- B. Obtain a medical history, have the client perform a risk factor assessment, administer fitness tests, interpret the data, prescribe exercise.
- C. Have the client perform a risk factor assessment, obtain a medical history, administer fitness tests, prescribe exercise and interpret the data.
- D. Have the client perform a fitness assessment, obtain a medical history, give lifestyle counseling, interpret the data, prescribe exercise.

Correct Answer: B

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#### QUESTION 11

For the comparison of body mass index (BMI) and plethysmography body composition assessment techniques, which of the following statements is correct?

- A. Plethysmography is inferior to BMI because of the difficulties associated with determination of lung volume.
- B. BMI is inferior to plethysmography because it does not account for lean/fat mass in its calculation.
- C. Plethysmography is superior to BMI because it accounts for the hydration state of the client.
- D. BMI is superior to plethysmography because its standard error of estimate for predicting percent body fat is usually lower.

Correct Answer: B

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#### QUESTION 12

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 13

What muscle extends the elbow?

- A. Supinator teres
- B. Pronator teres
- C. Biceps brachii
- D. Triceps brachii

Correct Answer: D

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**QUESTION 14**

Which of the following modifiable risk factors is the most preventable cause of death in the United States today?

- A. Diabetes
- B. Hypertension
- C. Cigarette Smoking
- D. Hypercholesterolemia

Correct Answer: C

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**QUESTION 15**

Doris is an 80 year-old client who is beginning an exercise program. What is recommended when providing initial stability ball training?

- A. Teach center of gravity awareness after demonstrating rotation movements.
- B. Place the ball close to a wall during the first few sessions
- C. Use smooth floor surfaces as opposed to carpet.
- D. Bounce gently on the ball to improve cardiorespiratory endurance.

Correct Answer: B

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