

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

ACSM Certified Personal Trainer

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**QUESTION 1**

Which describes a Valsalva maneuver performed during a free weight biceps curl?

- A. A normal part of the concentric phase of the exercise.
- B. Inspiration of air through an open glottis.
- C. A normal part of the eccentric phase of the exercise.
- D. Expiration of pressure against a closed glottis.

Correct Answer: D

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**QUESTION 2**

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 3**

What is the predominant factor causing an increase in strength during the initial weeks of training?

- A. Changes in whole muscle cross-sectional area.
- B. Increases in overall limb circumference.
- C. Improvements in neuromuscular adaptation.
- D. Increases in muscle-fiber cross-sectional area.

Correct Answer: C

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**QUESTION 4**

According to the Food Guide Pyramid, how should fats and oils be used in the diet?

- A. Sparingly
- B. Equal the daily intake of protein
- C. Be consumed only with breakfast
- D. Should make up at least 30% of each meal

Correct Answer: A

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## QUESTION 5

If you are palpating the thumb side of the forearm in the wrist area, what pulse are you checking?

- A. Humeral
- B. Ulnar
- C. Brachial
- D. Radial

Correct Answer: D

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