

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

ACSM Certified Personal Trainer

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**QUESTION 1**

Which of the following practices are NOT recommended for persons with asthma who desire to participate in a strenuous aerobic exercise program?

- A. Exercise in an environment with warm, moist air.
- B. Self-administer prescribed medication as directed prior to or during the exercise session.
- C. Use a short, intense warm-up.
- D. Use a scarf or surgical mask in front of the mouth if exercising in cold weather.

Correct Answer: C

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**QUESTION 2**

During the eccentric phase, what is the primary muscle group involved in standing trunk flexion?

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

Correct Answer: C

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**QUESTION 3**

A sedentary 48 year old male with controlled hypertension has hired you to assist him with beginning a marathon training program. Which level of pre-participation screening must a certified Personal Trainer require?

- A. Medical health history questionnaire only.
- B. PAR-Q form would be adequate information to begin.
- C. No screening is needed as he is considered low risk due to his age.
- D. Medical examination performed by his physician before he begins.

Correct Answer: D

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**QUESTION 4**

What is the order of stretching techniques from lowest risk of injury to highest risk of injury?

- A. Ballistic; slow static; proprioceptive neuromuscular facilitation.

- B. Slow static; ballistic; proprioceptive neuromuscular facilitation.
- C. Proprioceptive neuromuscular facilitation; ballistic; slow static.
- D. Slow static; proprioceptive neuromuscular facilitation; ballistic.

Correct Answer: D

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## QUESTION 5

Decreased muscle masses as a result of the aging process plays a role in \_\_\_\_\_ and \_\_\_\_\_.

- A. glucose intolerance, declining independence
- B. glucose tolerance, balance impairment
- C. reduced bone mineral density, improved mobility
- D. reduced adiposity, improved independence

Correct Answer: A

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