

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

ACSM Certified Personal Trainer

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## QUESTION 1

Which muscle is an antagonist of the hamstrings?

- A. Gastrocnemius
- B. Iliopsoas
- C. Gracilis
- D. Sartorius

Correct Answer: B

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## QUESTION 2

What are three non-modifiable conditions that place someone at increased risk for the development of coronary artery disease?

- A. Gender, family history, dyslipidemia
- B. Family history, obesity, diabetes mellitus
- C. Advanced age, gender, family history
- D. Post-menopausal status, excessive alcohol consumption, advanced age

Correct Answer: C

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## QUESTION 3

Which business model can be described as a formal business entity subject to laws, regulations, and the demands of stock holders?

- A. Corporation
- B. Partnership
- C. Sole proprietorship
- D. Independant contractor

Correct Answer: A

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## QUESTION 4

What muscle is the prime mover for a seated lateral dumbbell raise to shoulder level with elbows slightly flexed?

- A. Bicep brachii

- B. Posterior deltoid
- C. Anterior deltoid
- D. Middle deltoid

Correct Answer: D

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## QUESTION 5

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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