

010-111^{Q&As}

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QUESTION 1

Which cardiovascular training approach, if repeated frequently, is most likely going to lead to overtraining?

- A. One intensive day followed by three easy days.
- B. One long day followed by three shorter duration days.
- C. Two consecutive intensive days, followed by one easy day.
- D. A medium intensive day followed by two easy days.

Correct Answer: C

QUESTION 2

Atherosclerosis is primarily characterized by _____.

- A. increased elasticity of blood vessels
- B. reduced blood pressure
- C. widening of the arteries
- D. plaque development in the arteries

Correct Answer: D

QUESTION 3

Procuring general liability insurance and _____ provides legal protection for a personal trainer who has been accused of negligence.

- A. professional liability insurance
- B. third party insurance
- C. worker's compensation
- D. employment practices liability insurance

Correct Answer: A

QUESTION 4

A Certified Personal Trainer is overheard discussing body composition information about a specific high profile client with his friends. Which law concerning the safety and security of private records has the Certified Personal Trainer violated?

- A. Health Insurance Portability and Accountability Act (HIPAA)
- B. Health and Fitness Privacy Act (HAFPA)
- C. Federal Fitness Information Privacy Act (FFIPA)
- D. Federal Accountability of Health Professionals Act (FAHPA)

Correct Answer: A

QUESTION 5

Adenosine triphosphate production via "anaerobic" glycolysis is associated with the significant formation of what by-product?

- A. Pyruvic Acid
- B. Phosphoric Acid
- C. Citric Acid
- D. Lactic Acid

Correct Answer: D

QUESTION 6

What is the training phase that is designed to establish an initial base of conditioning to increase tolerance for more intense training?

- A. Post-season
- B. Off-season
- C. Preparatory
- D. Competition

Correct Answer: C

QUESTION 7

Which vitamins are classified as fat soluble?

- A. A, B, C, D
- B. A, D, E, K
- C. A, B, D, E
- D. A, C, D, K

Correct Answer: B

QUESTION 8

What are the acute affects of alcohol intake on exercise?

- A. Increases blood pressure and impairs exercise capacity
- B. Decreases metabolic rate and increases blood pressure
- C. Promotes dehydration and increases risk of heart arrhythmias
- D. Increases risk of heart arrhythmias and increases exercise capacity

Correct Answer: C

QUESTION 9

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

QUESTION 10

A client who reports a decreased Rating of Perceived Exertion at a given treadmill running speed after taking albuterol, likely suffers from which of the following conditions?

- A. Depression
- B. Asthma
- C. Bradycardia
- D. Claudication

Correct Answer: B

QUESTION 11

What respiratory muscles can cause forceful expiration?

- A. External intercostals
- B. Pectoralis minor
- C. Sternocleidomastoid
- D. Internal intercostals

Correct Answer: D

QUESTION 12

Which blood lipid is influenced more by physical activity than by nutrition modification?

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

Correct Answer: B

QUESTION 13

What is the correct spotting technique for the barbell lunge?

- A. Keep hands close to client's hips/waist or torso at all times.
- B. Keep hands near the barbell.
- C. Place arms underneath your client's arms.
- D. Keep hands on client's hips/waist or torso at all times.

Correct Answer: A

QUESTION 14

What motivational strategy is used to help an individual change negative statements into positive statements?

- A. Goal setting
- B. Social reinforcement
- C. Self-monitoring
- D. Cognitive restructuring

Correct Answer: D

QUESTION 15

Which of the following is a normal blood pressure (BP) response to aerobic exercise?

- A. Both systolic and diastolic BP increase proportionately to increases in workload.
- B. Systolic BP increases and diastolic BP decreases.
- C. Systolic BP increases proportionately to increases in workload and diastolic BP remains unchanged or decreases slightly.
- D. Systolic and diastolic BP both decrease at the onset of exercise, then increase in proportion to the increase in intensity.

Correct Answer: C

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