

ACSM.010-111.v2022-11-21.q189

Exam Code:	010-111
Exam Name:	ACSM Certified Personal Trainer
Certification Provider:	ACSM
Free Question Number:	189
Version:	v2022-11-21
# of views:	5870
# of Questions views:	1890
https://www.freepdfdumps.com/ACSM.010-111.v2022-11-21.q189.html	

NEW QUESTION: 1

Which of the following is a potential danger of long-term consumption of a high-protein diet?

- A. Sodium is lost in the sweat causing hyponatremia
- B. Zinc becomes less absorbable
- C. Calcium is drawn from the bones & excreted in the urine
- D. Iron levels drop causing anemia

Answer: C (LEAVE A REPLY)

NEW QUESTION: 2

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

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

Answer: A (LEAVE A REPLY)

NEW QUESTION: 3

What is the appropriate sequence for fitness testing?

- A. Flexibility, cardiorespiratory endurance, muscular fitness, body composition
- B. Cardiorespiratory endurance, flexibility, muscular fitness, body composition
- C. Body composition, cardiorespiratory endurance, muscular fitness, flexibility
- D. Body composition, flexibility, cardiorespiratory endurance, muscular fitness

Answer: C (LEAVE A REPLY)

Section: Volume B

NEW QUESTION: 4

Henry would like to focus on improving strength in his chest muscles. Which exercise reflects the specificity principle?

- A. Dumbbell fly
- B. Dumbbell curl
- C. Seated row
- D. Seated lat pull-down

Answer: A ([LEAVE A REPLY](#))

Section: Volume C

NEW QUESTION: 5

Which muscle is an antagonist of the hamstrings?

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

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 6

What are the FITTE Factors?

- A. Frequency, injury, time, type, enjoyment
- B. Frequency, intensity, total, type, equipment
- C. Frequency, intensity, total, type, exercise
- D. Frequency, intensity, time, type, enjoyment

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 7

An intake of additional protein calories above an average individual's daily requirement will result in which of the following?

- A. An increase in water retention
- B. A conversion to carbohydrates and stored as glycogen
- C. A conversion to fat and stored as triglyceride
- D. Muscle hypertrophy

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 8

What two muscles, along with the supraspinatus and infraspinatus, make up the rotator cuff?

- A. Teres major and scalenus
- B. Teres major and subscapularis
- C. Teres minor and scalenus

D. Teres minor and subscapularis

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 9

What health-related physical fitness component is primarily emphasized in a circuit training program that has 30 stations, 60 seconds per station, at 25% of one repetition maximum?

- A. Muscular Endurance
- B. Muscular Strength
- C. Muscular Power
- D. Muscular Flexibility

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 10

What method of resistance training has the greatest potential for improving cardiorespiratory endurance?

- A. Circuit training
- B. Split routine training with free weights
- C. Isokinetic exercise
- D. Olympic lifting

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 11

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.

Answer: C ([LEAVE A REPLY](#))

Section: Volume C

NEW QUESTION: 12

Which of the following indicate the appropriate height range for performing depth jump training effectively and safely?

- A. 16 to 42 inches (41 to 107 cm)
- B. 32 to 60 inches (81 to 152 cm)
- C. 24 to 48 inches (61 to 122 cm)
- D. 40 to 60 inches (102 to 152 cm)

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 13

What is the first phase of an annual training cycle?

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

Answer: (SHOW ANSWER)

NEW QUESTION: 14

What is the natural curve in the lumbar region of the spine?

- A. Kyphotic curve
- B. Scoliotic curve
- C. Lordotic curve
- D. Myotic curve

Answer: C (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 15

A 45 year old male weighs 202 lb (92 kg). Skinfold analysis indicates 24% of his weight is fat. If he wants to decrease his body fat to 17%, what is his target body weight, assuming he maintains the same lean body mass?

- A. 168 lb (76 kg)
- B. 178 lb (81 kg)
- C. 185 lb (84 kg)
- D. 195 lb (89 kg)

Answer: C (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 16

Which exercise works best in isolating the soleus muscle?

- A. Standing heel raises.
- B. Seated ankle extensions with the knees straight.
- C. Seated heel raises with flexed knees.
- D. Half squats with external rotation of the hip joint.

Answer: C (LEAVE A REPLY)

Section: Volume C

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NEW QUESTION: 17

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. Federal Accountability of Health Professionals Act (FAHPA)
- C. Federal Fitness Information Privacy Act (FFIPA)
- D. Health and Fitness Privacy Act (HAFPA)

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 18

Which legal term is defined as "failure to conform one's conduct to a generally accepted standard or duty"?

- A. Battery
- B. Neglect
- C. Abandonment
- D. Negligence

Answer: D ([LEAVE A REPLY](#))

Section: Volume B

NEW QUESTION: 19

When should a client exhale during performance of a bench press?

- A. Only after the movement ends.
- B. During the eccentric phase of the movement.
- C. During the concentric phase of the movement.
- D. Immediately before the movement begins.

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 20

A client at your fitness center complains of a headache and seems disoriented. He appears ashen and has moist, cold skin. You know from his health history that he has Type II diabetes. Which of the following steps do you take after you call for medical assistance?

- A. Administer insulin.
- B. Administer sugar.
- C. Administer water.

D. Administer nothing... wait until emergency medical services arrive.

Answer: B (LEAVE A REPLY)

Section: Volume B

NEW QUESTION: 21

Claims relating to personal trainers violating their scope of practice occur most frequently in which area?

A. Inappropriate exercise prescription

B. Violations of HIPAA

C. Emergency response negligence

D. Supplement recommendations

Answer: D (LEAVE A REPLY)

NEW QUESTION: 22

Current U.S. Physical Activity Guidelines recommend that every U.S. adult should accumulate a minimum of _____ minutes of moderate-intensity physical activity per week.

A. 200

B. 100

C. 250

D. 150

Answer: (SHOW ANSWER)

NEW QUESTION: 23

Approximately how long is the initial conditioning phase of a cardiovascular training program?

A. Four weeks

B. Eight weeks

C. Twelve weeks

D. Sixteen weeks

Answer: A (LEAVE A REPLY)

Section: Volume A

Explanation/Reference:

NEW QUESTION: 24

What muscle extends the forearm?

A. Biceps brachii

B. Pronator teres

C. Supinator teres

D. Triceps brachii

Answer: D (LEAVE A REPLY)

NEW QUESTION: 25

What is the standard site for the measurement of the subscapular skinfold?

- A. Directly over the inferior angle of the scapula.
- B. One centimeter below the inferior angle of the scapula.
- C. Five centimeters below the inferior angle of the scapula.
- D. Five centimeters to the left of the inferior angle of the scapula.

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 26

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

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

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 27

What is the typical resting blood pressure response to long term aerobic exercise in a hypertensive individual?

- A. Systolic will decrease, while diastolic will remain unchanged.
- B. Systolic will increase, while diastolic will remain unchanged.
- C. Both systolic and diastolic pressures will decrease.
- D. Both systolic and diastolic pressures will increase.

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 28

Together, the Centers for Disease Control and Prevention and the American College of Sports Medicine recommend that every US adult should accumulate _____ minutes or more of moderate-intensity physical activity on most, preferably all days of the week.

- A. 30
- B. 20
- C. 60
- D. 15

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 29

What is the anatomical reference for the waist circumference measurement?

- A. The maximal circumference between the chest to just below the gluteal fold.
- B. Two centimeters below the umbilicus.
- C. Narrowest part of the torso, above the umbilicus, and below the xiphoid process.

D. At the level of the umbilicus.

Answer: C (LEAVE A REPLY)

NEW QUESTION: 30

In which of the following scenarios should an Automated External Defibrillator (AED) be used?

- A. Conscious client with chest pain
- B. Conscious or unconscious client with shortness of breath
- C. Unconscious client with a pulse
- D. Unconscious client without a pulse

Answer: D (LEAVE A REPLY)

NEW QUESTION: 31

What behavior change technique includes expressing empathy, developing discrepancy, rolling with resistance, and supporting self-efficacy?

- A. Addressing relapse
- B. Motivational interviewing
- C. Visual imagery
- D. Outcome expectancies

Answer: B (LEAVE A REPLY)

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NEW QUESTION: 32

A subject with elbows held at 90 degrees of flexion is handed a 150 lb (68.1kg) barbell. Even though he exerts maximal tension, the barbell causes the joint angle to increase to 170 degrees. Which one of the following describes the muscle action during the extension?

- A. Isokinetic concentric
- B. Isotonic concentric
- C. Isokinetic eccentric
- D. Isotonic eccentric

Answer: D (LEAVE A REPLY)

NEW QUESTION: 33

What does it mean if a specific activity is contraindicated?

- A. Do not perform it as often
- B. Do not perform at all
- C. Perform less-intensively than normal
- D. Perform it slower than normal

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 34

Which of the following locations is most sensitive to the baroreceptor reflex , when palpating the pulse of an exercising client?

- A. Brachial artery
- B. Femoral artery
- C. Radial artery
- D. Carotid artery

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 35

Which of the following indicates the reason why a female who is pregnant should avoid exercise in the supine position after the first trimester?

- A. obstruction of arterial blood flow
- B. risk of orthostatic hypotension due to obstructed venous return
- C. obstruction of the diaphragm
- D. risk of decreased oxygen consumption due to pressure on the uterus

Answer: B ([LEAVE A REPLY](#))

Section: Volume A

NEW QUESTION: 36

What is considered a normal Body Mass Index (BMI) range?

- A. 19 to 27.5 BMI
- B. 18.5 to 24.9 BMI
- C. 16.5 to 23.5 BMI
- D. 14.5 to 20.9 BMI

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 37

What physical fitness component is primarily emphasized when incorporating explosive Olympic-style lifts into a resistance training program?

- A. Muscular hypertrophy
- B. Muscular strength
- C. Muscular power
- D. Muscular endurance

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 38

When working with clients who have complications from type 2 diabetes mellitus, hypoglycemia during exercise becomes a greater concern with _____.

- A. peripheral neuropathy
- B. retinopathy
- C. autonomic neuropathy
- D. nephropathy

Answer: ([SHOW ANSWER](#))

Section: Volume C

NEW QUESTION: 39

When discussing strategies for changing physical activity habits with clients, it is usually best to:

- A. emphasize knowledge of the health benefits of exercise.
- B. refer clients to a behavioral psychologist for expert advice.
- C. give strong and clear advice about what works based on your professional experience.
- D. assist clients to formulate their own behavior change strategies based on what has worked for them before.

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 40

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

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

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 41

Which of the following blood lipids is influenced more by physical activity than by nutrition modification?

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

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 42

What muscle action will most likely induce delayed onset muscle soreness?

- A. Isotonic
- B. Isometric
- C. Eccentric
- D. Concentric

Answer: C (LEAVE A REPLY)

NEW QUESTION: 43

What is the correct path of blood flow through the chambers of the heart?

- A. Left atrium; right atrium; left ventricle; right ventricle.
- B. Left ventricle; left atrium; right atrium; right ventricle.
- C. Right ventricle; right atrium; left atrium; left ventricle.
- D. Right atrium; right ventricle; left atrium; left ventricle.

Answer: D (LEAVE A REPLY)

NEW QUESTION: 44

According to ACSM guidelines, a _____ client who is beginning a/n _____ is recommended to obtain a medical examination and graded exercise test.

- A. 46 year old female, newly diagnosed with type 2 diabetes; cycling class
- B. 24 year old, sedentary male; moderate-intensity walking program
- C. 62 year old, sedentary and overweight male; moderate-intensity biking program
- D. 20 year old female who smokes one pack of cigarettes per day; eight week resistance training class

Answer: A (LEAVE A REPLY)

NEW QUESTION: 45

Which environmental trigger is NOT associated with exercise-induced asthma?

- A. warm air
- B. dusty air
- C. pollutants
- D. dry air

Answer: A (LEAVE A REPLY)

NEW QUESTION: 46

Which chamber of the heart is responsible for pumping oxygenated blood to the body?

- A. Right ventricle
- B. Left ventricle
- C. Right atrium
- D. Left atrium

Answer: B (LEAVE A REPLY)

Section: Volume A

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NEW QUESTION: 47

What is most likely the cause of light-headedness and dizziness experienced by an older adult who moves from a lying to a standing position?

- A. Decreased heart rate
- B. Decreased venous return
- C. Increased blood pressure
- D. Increased stroke volume

Answer: B (LEAVE A REPLY)

NEW QUESTION: 48

A client's workout plan shows scheduled increases and decreases in exercise volume. What training concept is being demonstrated?

- A. Overtraining
- B. Periodization
- C. Specificity
- D. Reversibility

Answer: B (LEAVE A REPLY)

NEW QUESTION: 49

What is bradycardia?

- A. Heart rate less than 60 beats per minute
- B. Heart rate greater than 100 beats per minute
- C. Heart rate between 70 and 80 beats per minute
- D. Heart rate between 90 and 100 beats per minute

Answer: A (LEAVE A REPLY)

Section: Volume C

NEW QUESTION: 50

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

- A. Biceps Femoris
- B. Iliopsoas

- C. Erector Spinae
- D. Rectus Abdominis

Answer: C (LEAVE A REPLY)

NEW QUESTION: 51

Individuals who have recently had a hip fracture or hip replacement surgery are usually instructed to avoid which motion of the hip?

- A. Abduction
- B. Extension
- C. Internal rotation
- D. External rotation

Answer: (SHOW ANSWER)

Section: Volume C

NEW QUESTION: 52

The risk of developing a myocardial infarction increases when there is a family history of myocardial infarction or sudden death before the ages of:

- A. 50 years of age in a first-degree female relative; 60 years of age in a first-degree male relative
- B. 50 years of age in any male relative; 60 years of age in any female relative
- C. 55 years of age in a first-degree male relative; 65 years of age in a first-degree female relative
- D. 55 years of age in any male relative; 65 years of age in any female relative

Answer: C (LEAVE A REPLY)

Section: Volume B

NEW QUESTION: 53

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.

Answer: C (LEAVE A REPLY)

Section: Volume C

Explanation

NEW QUESTION: 54

What does waist to hip ratio assess?

- A. Distribution of body weight

- B. Frame size
- C. The amount of subcutaneous fat
- D. Weight relative to height

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 55

What is the exercise response to acute cigarette smoking?

- A. Respiration rate increases; blood pressure response to exercise decreases
- B. Likelihood of coronary artery spasm increases; blood pressure response to decreases
- C. Heart rate increases; likelihood of coronary artery spasm increases
- D. Likelihood of coronary artery spasm decreases; blood pressure response to exercise increases

Answer: ([SHOW ANSWER](#))

Section: Volume C

Explanation/Reference:

NEW QUESTION: 56

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

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

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 57

Which environmental trigger is NOT associated with exercise-induced asthma?

- A. pollutants
- B. dry air
- C. dusty air
- D. warm air

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 58

Which of the following 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 air against a closed glottis.

Answer: D ([LEAVE A REPLY](#))

Section: Volume A

NEW QUESTION: 59

What behavior change technique includes expressing empathy, developing discrepancy, rolling with resistance, and supporting self-efficacy?

- A. Outcome expectancies
- B. Visual imagery
- C. Motivational interviewing
- D. Addressing relapse

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 60

What is the correct order of the regions of the spinal column, from superior to inferior?

- A. Cervical, thoracic, lumbar, sacral, and coccyx.
- B. Coccyx, sacral, lumbar, thoracic, and cervical.
- C. Cervical, lumbar, thoracic, sacral and coccyx.
- D. Cervical, thoracic, lumbar, coccyx, and sacral.

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 61

What is the correct order of the regions of the spinal column, from superior to inferior?

- A. Cervical, lumbar, thoracic, sacral and coccyx.
- B. Coccyx, sacral, lumbar, thoracic, and cervical.
- C. Cervical, thoracic, lumbar, coccyx, and sacral.
- D. Cervical, thoracic, lumbar, sacral, and coccyx.

Answer: ([SHOW ANSWER](#))

Section: Volume A

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NEW QUESTION: 62

Your client reports that she drank a 20 oz. (590 mL) cup of coffee 20 minutes prior to her exercise session.

How might this affect her heart rate and blood pressure responses?

- A. Decrease blood pressure and increase heart rate.
- B. Increase blood pressure and increase heart rate.
- C. Decrease blood pressure and decrease heart rate.
- D. Increase blood pressure and decrease heart rate.

Answer: B (LEAVE A REPLY)

NEW QUESTION: 63

Which of the following bones facilitate movement of the chest during both inspiration and expiration?

- A. clavicle
- B. scapula
- C. carpal
- D. scalene

Answer: A (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 64

Which of the following indicates the correct order for a traditional periodization program for resistance training?

- A. hypertrophy, peaking, strength/power, recovery
- B. strength/power, peaking, recovery, hypertrophy
- C. strength/power, hypertrophy, recovery, peaking
- D. hypertrophy, strength/power, peaking, recovery

Answer: D (LEAVE A REPLY)

Section: Volume B

NEW QUESTION: 65

What term best describes accurate record keeping, a safe exercise environment, and proper supervision?

- A. Risk management
- B. Help management
- C. Legal management
- D. Assistance management

Answer: (SHOW ANSWER)

Section: Volume B

NEW QUESTION: 66

Which of the following is characterized as a plane (uniaxial) joint?

- A. Coxal (hip)
- B. Atlantooccipital
- C. Radiocarpal (wrist)

D. Sacroiliac

Answer: D ([LEAVE A REPLY](#))

Section: Volume A

NEW QUESTION: 67

Information about the personal habits of a client including alcohol, caffeine, and tobacco consumption is typically included in what document?

- A. Physical Activity Readiness Questionnaire
- B. Informed consent
- C. Blood profile analysis
- D. Medical history

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 68

For your client who is training outside in 90°F (32°C) weather at a moderate intensity, how often should they drink water?

- A. Once every 30 minutes.
- B. Once every 60 minutes.
- C. Only when they are thirsty.
- D. Once every 15 minutes.

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 69

Under which of the following circumstances would you expect to see the highest rise in blood lactate?

- A. During maximal exercise lasting between 60 and 180 seconds in the untrained client
- B. Prior to treadmill walking in the cardiac patient
- C. During maximal exercise lasting between 60 and 180 seconds in the athlete
- D. After moderate intensity cycling exercise in the client with Type 2 diabetes

Answer: ([SHOW ANSWER](#))

Section: Volume A

NEW QUESTION: 70

What muscle extends the elbow?

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

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 71

Which of the following recommendations would you make to your client who plans on playing tennis on a very hot and humid afternoon?

- A. Consume 5 - 6 grams of carbohydrates per kilogram of body weight.
- B. Consume fluids at temperatures of 15 to 22.2 degrees Celsius (59-72 degrees Fahrenheit).
- C. Consume 2 - 3 salt tablets per hour.
- D. Consume 2 - 3 grams of protein per kilogram of body weight.

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 72

What acute cardiovascular responses accompany the transition from sitting to walking?

- A. Increase in heart rate, decrease in stroke volume
- B. Increase in stroke volume, decrease in systolic blood pressure
- C. Increase in cardiac output, and arteriovenous oxygen difference
- D. Increase in diastolic blood pressure and heart rate

Answer: ([SHOW ANSWER](#))

Section: Volume C

NEW QUESTION: 73

Why is a cool-down period important?

- A. Returns pooled blood back to central circulation
- B. Reduces brain blood flow back to normal
- C. Prevents heat stroke
- D. Helps prevent injuries

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 74

Which of the following factors affect intensity of lower body plyometric drills?

- A. speed, range of motion, and reaction time
- B. strength of the athlete, height of the drill, and reaction time
- C. speed, height of the drill, and body weight
- D. strength of the athlete, points of contact, and flexibility

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 75

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

Answer: B (LEAVE A REPLY)

Topic 2, Volume B

NEW QUESTION: 76

Which of the following is the correct energy expenditure in METs associated with an exercise oxygen uptake of $28 \text{ ml} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$?

- A. 98
- B. 112
- C. 8
- D. 10

Answer: (SHOW ANSWER)

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NEW QUESTION: 77

As described by the American College of Sports Medicine, proper technique during the push-up test involves

_____.

- A. timing the number of push-ups performed in two minutes
- B. requiring both female and male subjects to use the toes as the pivotal point of movement
- C. allowing a slight (20°) elbow flexion at the "top" of the movement
- D. stopping the test when the subject strains forcibly

Answer: D (LEAVE A REPLY)

Section: Volume B

NEW QUESTION: 78

What is the predominant factor causing increases 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

Answer: C (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 79

One difference between over-reaching and overtraining is that _____.

- A. Over-reaching is a syndrome commonly seen in athletes involving prolonged periods of fatigue whereas overtraining is a temporary condition of mental stress that may impair performance.
- B. Overtraining may be a planned phase of high-intensity exercise common to elite athletes whereas over-reaching involves a similar phase in novice athletes.
- C. Over-reaching involves poor nutrition and high-intensity exercise whereas overtraining only involves high-intensity exercise and normal nutritional practices.
- D. Overtraining involves a syndrome of prolonged fatigue in athletes whereas over-reaching may be planned, short-term training phase of high-intensity exercise followed by short-term recovery.

Answer: (SHOW ANSWER)

Section: Volume C

NEW QUESTION: 80

Which statement is not an American College of Sports Medicine guideline for aerobic exercise and the older adult?

- A. Initially increase exercise duration rather than intensity.
- B. Exercise must be vigorous and continuous to be beneficial.
- C. Intensity guidelines established for younger people generally applies.
- D. Moderate intensity exercise on most days of the week.

Answer: B (LEAVE A REPLY)

NEW QUESTION: 81

What does it mean if a specific activity is contraindicated?

- A. Perform less-intensively than normal
- B. Do not perform it as often
- C. Perform it slower than normal
- D. Do not perform at all

Answer: D (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 82

What is the definition of arteriosclerosis?

- A. Accumulation of plaque
- B. Widening of the arteries
- C. Hardening of the arteries
- D. Death of cardiac tissue

Answer: (SHOW ANSWER)

NEW QUESTION: 83

Your client reports ankle edema. What would a certified Personal Trainer look for?

- A. Pain
- B. Atrophy
- C. Swelling
- D. Red coloration

Answer: C (LEAVE A REPLY)

Section: Volume B

NEW QUESTION: 84

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

Answer: D (LEAVE A REPLY)

NEW QUESTION: 85

Mr. Garcia wishes to enroll in your exercise program. Preliminary evaluation revealed the following information:

Age = 50 years Resting heart rate = 78 beats/min

Weight = 198 lb (90 kg) Resting blood pressure = 162/94 mm Hg

Height = 70 inches (178 cm) Body fat = 30%

Blood chemistry:

Total cholesterol = 240 mg/dl (6.21 mmol/L)

HDL cholesterol = 34 mg/dl (0.88 mmol/L)

Triglycerides = 180 mg/dl (2.03 mmol/L)

Glucose = 98 mg/dl (5.55 mmol/L)

Family history and current habits:

Father died of heart attack at 90 years of age

Hypertensive mother died at age 84

Smokes a pipe after dinner each evening

Smokes cigarettes (25-30 per day)

Reports too much work and is struggling to meet deadlines

Currently doing moderate exercise

No medications at present

According to ACSM stratification guidelines, Mr. Garcia has which coronary artery disease risk factors?

- A. Smoking, probable diabetes, high blood pressure, age
- B. Hypertension, obesity, high total cholesterol:HDL ratio
- C. Hypertension, high total cholesterol, smoking, age
- D. Smoking, high total cholesterol, aggressive type A personality

Answer: C (LEAVE A REPLY)

NEW QUESTION: 86

When doing a push-up on the floor, the motion at the elbow joint during the down phase is called

_____ and the type of muscle action is called _____.

- A. flexion, eccentric
- B. flexion, concentric
- C. extension, eccentric
- D. extension, concentric

Answer: A (LEAVE A REPLY)

NEW QUESTION: 87

Which of the following recommendations would you make to your client who plans on playing tennis on a very hot and humid afternoon?

- A. Consume 2 - 3 salt tablets per hour.
- B. Consume 2 - 3 grams of protein per kilogram of body weight.
- C. Consume fluids at temperatures of 15 to 22.2 degrees Celsius (59-72 degrees Fahrenheit).
- D. Consume 5 - 6 grams of carbohydrates per kilogram of body weight.

Answer: (SHOW ANSWER)

Section: Volume B

NEW QUESTION: 88

What is the fundamental unit of muscle contraction?

- A. Myofibril
- B. Sarcomere
- C. Myosin
- D. Sarcolemma

Answer: B (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 89

In what plane does the lower leg move during the seated knee extension?

- A. Sagittal
- B. Median
- C. Transverse
- D. Frontal

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 90

In order to lose 1.5 pounds per week with diet alone, one would have to reduce his/her daily caloric intake per day by _____ kilocalories.

- A. 750
- B. 350
- C. 500
- D. 1000

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 91

An intake of additional protein calories above an average individual's daily requirement will result in which of the following?

- A. A conversion to fat and stored as triglyceride
- B. Muscle hypertrophy
- C. An increase in water retention
- D. A conversion to carbohydrates and stored as glycogen

Answer: A ([LEAVE A REPLY](#))

Section: Volume B

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NEW QUESTION: 92

Neural mechanisms responsible for adaptations in strength and power include all of the following EXCEPT an increased _____.

- A. fast-twitch fiber recruitment
- B. motor unit recruitment
- C. antagonist muscle coactivation

D. motor unit firing rate

Answer: C (LEAVE A REPLY)

NEW QUESTION: 93

Your client is wearing a heart rate monitor while performing a 1.5 mile run to assess aerobic capacity. During the test, your client reaches 85% of her age-predicted heart rate maximum. With this information, you should _____.

A. continue the test if there is otherwise no reason to believe that the client has reached aerobic capacity

B. terminate the test for safety purposes

C. continue the test until she reaches 100% of her age-predicted heart rate maximum

D. terminate the test if you continue to observe a steady increase in heart rate with increasing workload

Answer: A (LEAVE A REPLY)

NEW QUESTION: 94

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. What is his initial risk stratification?

A. Low risk

B. Moderate risk

C. High risk

D. Only a physician can determine this clients risk stratification

Answer: A (LEAVE A REPLY)

Section: Volume B

NEW QUESTION: 95

You have a new male client who is 68" (1.73m) tall, 36 years old, weighs 194 lbs (88 kg) and is cleared by his physician to begin an exercise program of moderate intensity. Which constitutes a SMART weight loss goal for him?

A. Lose 1-2 lbs (0.45-0.9 kg) per week by walking 40 minutes, 5 times a week at 3.8 mph (6.1 km/hr) on the treadmill.

B. Lose 3-4 lbs (1.4-1.8 kg) per week by bicycling an hour daily around the neighborhood.

C. Lose 2 lbs (0.9 kg) per week by maintaining a 1200 calorie diet and doing aqua aerobics three times a week.

D. Lose 2 lbs (0.9 kg) per week by swimming 60-90 minutes, three times a week.

Answer: A (LEAVE A REPLY)

NEW QUESTION: 96

What are the FITT Factors?

- A. Form, intensity, time, type
- B. Frequency, intensity, time, type
- C. Frequency, intensity, total, type
- D. Frequency, injury, time, type

Answer: B (LEAVE A REPLY)

NEW QUESTION: 97

Which of the following circumference sites are used to compute a waist-to-hip ratio?

- A. Waist, buttocks/hips
- B. Abdomen, suprailiac
- C. Midaxillary, suprailiac
- D. Midaxillary, hips/thigh

Answer: A (LEAVE A REPLY)

NEW QUESTION: 98

As described by the American College of Sports Medicine, proper technique during the push-up test involves _____.

- A. timing the number of push-ups performed in two minutes
- B. allowing a slight (20°) elbow flexion at the "top" of the movement
- C. requiring both female and male subjects to use the toes as the pivotal point of movement
- D. stopping the test when the subject strains forcibly

Answer: (SHOW ANSWER)

NEW QUESTION: 99

Stimulus control as a behavioral strategy to enhance exercise adherence can best be described as:

- A. Utilizing environmental cues to remind participants to maintain their commitment to exercise.
- B. Establishing realistic expectations and avoiding overly pessimistic or optimistic expectations.
- C. Developing a behavioral contract, signed by the participant that formalizes their commitment to exercise.
- D. Orienting participants to the advantages and disadvantages of exercise.

Answer: (SHOW ANSWER)

Section: Volume B

NEW QUESTION: 100

Which may decrease as a result of chronic aerobic training?

- A. Oxygen consumption at any given absolute workrate.
- B. Plasma triglyceride levels

- C. High-density lipoprotein (HDL) levels
- D. Lactate threshold

Answer: ([SHOW ANSWER](#))

Section: Volume C

NEW QUESTION: 101

Which principle of training best describes a previously active client, who has been ill and bed-ridden for a prolonged period of time?

- A. Reversibility
- B. Specificity
- C. Overload
- D. Progression

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 102

What action is involved in the concentric phase of the biceps curl?

- A. Extension at the elbow.
- B. Supination of the forearm.
- C. Pronation of the forearm.
- D. Flexion at the elbow.

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 103

Approximately how long is the initial conditioning phase of a cardiovascular training program?

- A. Eight weeks
- B. Four weeks
- C. Twelve weeks
- D. Sixteen weeks

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 104

What is the American College of Sports Medicine's recommendation regarding frequency to increase cardiorespiratory fitness?

- A. One to two days per week
- B. Four to six days per week
- C. Two to three days per week
- D. Three to five days per week

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 105

Which of the following risk factors for coronary heart disease enables you to subtract one risk factor from the total amount of positive risk factors?

- A. Body Mass Index < 30 kg/m²
- B. A former cigarette smoker who stopped more than six months ago.
- C. Fasting blood glucose of < 110mg/dL (6.1 mmol/L)
- D. High serum HDL cholesterol > 60 mg/dl (1.6mmol/L)

Answer: D (LEAVE A REPLY)

NEW QUESTION: 106

Which of the following terms finish the acronym SMART with respect to goal setting:

Specific, Measurable, Attainable _____ and _____.

- A. Realistic, Tried
- B. Realistic, Time-anchored
- C. Related, Time-anchored
- D. Related, Tried

Answer: (SHOW ANSWER)

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NEW QUESTION: 107

What was the purpose of the original Borg Scale of Perceived Exertion?

- A. To determine the level of fatigue during exercise
- B. To estimate subject's immediate intrinsic motivation during exercise
- C. To estimate oxygen consumption during exercise
- D. To estimate systolic and diastolic blood pressure during exercise

Answer: A (LEAVE A REPLY)

NEW QUESTION: 108

If a food product had 250 kilocalories per serving, a recommended serving size of 5 ounces, and contained 10 servings per container, how many kilocalories would one consume if s/he ate 1/4 of the container?

- A. 625
- B. 937
- C. 2500

D. 3125

Answer: (SHOW ANSWER)

Section: Volume B

NEW QUESTION: 109

Client pre-participation screening procedures should be _____.

- A. valid and include fitness testing at the first meeting
- B. pre-approved by a physician and cost effective
- C. valid, cost effective and time efficient
- D. pre-approved by a physician and include fitness testing at the first meeting

Answer: (SHOW ANSWER)

Section: Volume B

NEW QUESTION: 110

Vitamins classified as fat soluble are in which of the following groups?

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

Answer: C (LEAVE A REPLY)

NEW QUESTION: 111

What is a potential side effect of taking diet pills prior to an exercise session?

- A. Increase in muscle soreness
- B. Increase in blood pressure and heart rate
- C. No side effect on exercise and training
- D. Increased fatigue

Answer: B (LEAVE A REPLY)

NEW QUESTION: 112

Under which of the following circumstances would you expect to see the highest rise in blood lactate?

- A. After moderate intensity cycling exercise in the client with Type 2 diabetes
- B. During maximal exercise lasting between 60 and 180 seconds in the untrained client
- C. Prior to treadmill walking in the cardiac patient
- D. During maximal exercise lasting between 60 and 180 seconds in the athlete

Answer: D (LEAVE A REPLY)

NEW QUESTION: 113

In comparison to type I muscle fibers, type II fibers _____.

- A. Have a higher capacity to generate energy through the electron transport system

- B. Have a higher capacity to generate energy from fat
- C. Are recruited at a higher percentage of maximum force
- D. Are capable of greater endurance

Answer: (SHOW ANSWER)

Section: Volume C

NEW QUESTION: 114

Which muscle is an antagonist of the hamstrings?

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

Answer: B (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 115

In comparison to type I muscle fibers, type II fibers _____.

- A. Are recruited at a higher percentage of maximum force
- B. Have a higher capacity to generate energy through the electron transport system
- C. Have a higher capacity to generate energy from fat
- D. Are capable of greater endurance

Answer: A (LEAVE A REPLY)

NEW QUESTION: 116

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. Encourage her to continue exercising at 50% of her age-predicted maximal heart rate.
- C. Decrease the work volume for each workout session.
- D. Encourage her to consult with her physician for any possible limitations.

Answer: (SHOW ANSWER)

NEW QUESTION: 117

One of your corporate wellness clients is normally consistent in attending appointments. Lately, he has been missing sessions. What strategy would not be the most appropriate way to demonstrate social support to encourage his adherence?

- A. Send an e-mail reminding him of future appointments.
- B. Call the client expressing your concern.
- C. Contact his company Human Resources department with an attendance report.

D. Encourage the client to find a workout partner to improve future adherence.

Answer: (SHOW ANSWER)

NEW QUESTION: 118

What is the correct hand placement when spotting the supine dumbbell fly?

- A. Close to your client's biceps without touching them.
- B. Close to the dumbbells or wrists of your client without touching them.
- C. Maintaining contact behind your client's elbows on the descent of the dumbbells.
- D. Hands held at your sides with your elbows flexed at a 45-degree angle.

Answer: B (LEAVE A REPLY)

Section: Volume C

NEW QUESTION: 119

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

Answer: D (LEAVE A REPLY)

NEW QUESTION: 120

What risk stratification would physician supervision be recommended during exercise testing?

- A. Moderate risk, submax testing
- B. High risk, submax testing
- C. Low risk, submax testing
- D. Low risk, max testing

Answer: B (LEAVE A REPLY)

NEW QUESTION: 121

When working with a client who has COPD (stable and medically cleared for exercise) and likes swimming, you should recommend they swim _____ days per week at a _____ intensity.

- A. < 3, low
- B. < 3, high
- C. > 3, high
- D. > 3, low

Answer: C (LEAVE A REPLY)

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NEW QUESTION: 122

Which muscles are used to flex the knee joint?

- A. Hamstrings, Gracilis, and Sartorius
- B. Biceps Femoris, Vastus Lateralis, and Sartorius
- C. Rectus femoris, Vastus Lateralis, and Vastus Medialis
- D. Hamstrings, Gastrocnemius, and Soleus

Answer: A (LEAVE A REPLY)

NEW QUESTION: 123

You learn that your client does not enjoy exercising and only maintains their exercise program to please their significant other. This client is _____ motivated.

- A. tangibly
- B. physically
- C. extrinsically
- D. instrinsically

Answer: C (LEAVE A REPLY)

NEW QUESTION: 124

Which environmental trigger is NOT associated with exercise-induced asthma?

- A. dry air
- B. warm air
- C. dusty air
- D. pollutants

Answer: B (LEAVE A REPLY)

Section: Volume C

NEW QUESTION: 125

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.

Answer: B (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 126

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

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

Answer: B (LEAVE A REPLY)

NEW QUESTION: 127

What is the initial American College of Sports Medicine risk stratification of a 57 year old female client who has a blood pressure of 150/70 mm Hg and a total serum cholesterol of 240 mg/dL (6.2 mmol/L)?

- A. No risk
- B. Low risk
- C. Moderate risk
- D. High risk

Answer: C (LEAVE A REPLY)

Section: Volume B

NEW QUESTION: 128

Which of the following risk factors for coronary heart disease enables you to subtract one risk factor from the total amount of positive risk factors?

- A. High serum HDL cholesterol > 60 mg/dl (1.6mmol/L)
- B. Body Mass Index < 30 kg/m²
- C. A former cigarette smoker who stopped more than six months ago.
- D. Fasting blood glucose of < 110mg/dL (6.1 mmol/L)

Answer: (SHOW ANSWER)

NEW QUESTION: 129

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

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

Answer: B (LEAVE A REPLY)

NEW QUESTION: 130

Your client is wearing a heart rate monitor while performing a 1.5 mile run to assess aerobic capacity. During the test, your client reaches 85% of her age-predicted heart rate maximum. With this information, you should

- A. continue the test until she reaches 100% of her age-predicted heart rate maximum
- B. terminate the test for safety purposes
- C. continue the test if there is otherwise no reason to believe that the client has reached aerobic capacity
- D. terminate the test if you continue to observe a steady increase in heart rate with increasing workload

Answer: (SHOW ANSWER)

Section: Volume B

NEW QUESTION: 131

What is the smallest contractile unit of a muscle cell?

- A. Myofibril
- B. Sarcomere
- C. Myosin
- D. Sarcolemma

Answer: B (LEAVE A REPLY)

Section: Volume C

NEW QUESTION: 132

Which statement is true regarding exercise for the prepubescent child?

- A. Children should perform at a low level of exertion only.
- B. Due to the lack of development of the epiphyseal growth plates, children should not participate in any form of endurance training.
- C. Children are less tolerant of heat because of a higher threshold for sweating.
- D. Since children are anatomically immature, they should not participate in any form of resistance training exercise.

Answer: C (LEAVE A REPLY)

NEW QUESTION: 133

What heart rate changes are observed as a result of chronic aerobic training?

- A. Resting heart rate decreases but there is no change in submaximal heart rate for a standard exercise task.
- B. Submaximal heart rate decreases for a standard exercise task and resting heart rate increases.
- C. Both submaximal heart rate for a standard exercise task, and resting heart rate decrease.

D. Submaximal heart rate increases for a standard exercise task, while resting heart rate decreases.

Answer: C (LEAVE A REPLY)

NEW QUESTION: 134

What is the recommendation for daily physical activity for youth?

- A. 60 minutes at 40 - 59% HRR
- B. 30 minutes at moderate intensity and 30 minutes at vigorous intensity
- C. 30 minutes at low intensity and 30 minutes at moderate intensity
- D. 60 minutes at low intensity

Answer: (SHOW ANSWER)

NEW QUESTION: 135

One purpose of the pre-participation health screening is to _____.

- A. eliminate the risk of a sudden cardiac event during exercise
- B. identify clients in need of physician clearance
- C. establish a relationship with the client's health care provider
- D. diagnose orthopedic conditions

Answer: B (LEAVE A REPLY)

NEW QUESTION: 136

Individuals participating in a non-medically based supervised weight loss program should reduce their caloric intake by _____ kilocalories per day, and reduce their dietary fat intake to less than _____ percent of their total caloric intake.

- A. 2000 to 2200 kilocalories; 40%
- B. 1500 to 1750 kilocalories; 30%
- C. 500 to 1000 kilocalories; 30%
- D. 1250 to 1500 kilocalories; 35%

Answer: C (LEAVE A REPLY)

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NEW QUESTION: 137

What is the first phase of an annual training cycle?

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

Answer: (SHOW ANSWER)

Section: Volume A

NEW QUESTION: 138

What is the initial American College of Sports Medicine risk stratification of a 57 year old female client who has a blood pressure of 150/70 mm Hg and a total serum cholesterol of 240 mg/dL (6.2 mmol/L)?

- A. Moderate risk
- B. High risk
- C. Low risk
- D. No risk

Answer: A (LEAVE A REPLY)

NEW QUESTION: 139

What is the predominant factor causing increases 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

Answer: C (LEAVE A REPLY)

Section: Volume A

Explanation

NEW QUESTION: 140

Which may decrease as a result of chronic aerobic training?

- A. Lactate threshold
- B. High-density lipoprotein (HDL) levels
- C. Oxygen consumption at any given absolute workrate.
- D. Plasma triglyceride levels

Answer: (SHOW ANSWER)

NEW QUESTION: 141

Which structure is responsible for maintaining atrio-ventricular valve closure in the heart?

- A. Purkinje Fibers
- B. Foramen Ovale
- C. Papillary muscle

D. Cardiac myocyte

Answer: C (LEAVE A REPLY)

Section: Volume C

Explanation/Reference:

NEW QUESTION: 142

When proctoring the AHA/ACSM Health/Fitness Facility Preparticipation Screening Questionnaire to a new client, you learn that he may need to use a facility with a medically qualified staff or need a physician's referral. What sole aspect of his history would put him in that category?

- A. He experiences chest discomfort with exertion
- B. His blood pressure is 160/90 mm Hg
- C. He smokes 1 pack of cigarettes per day
- D. His blood cholesterol level is 250mg/dL (6.5 mmol/L)

Answer: A (LEAVE A REPLY)

NEW QUESTION: 143

Which of the following correctly describes the technique used in PNF (Proprioceptive Neuromuscular Facilitation)?

- A. Passively moving the muscle in dynamic motion to increase flexibility.
- B. A contract-relax sequence to relax the muscle stretch reflex mechanism.
- C. Using muscle contraction of the extensors followed by muscle contraction of the flexors.
- D. The required period of exercise for eliciting adaptation.

Answer: B (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 144

Which of the following statements is true regarding exercise for the prepubescent child?

- A. Children are less tolerant of heat because of a higher threshold for sweating.
- B. Since children are anatomically immature, they should not participate in any form of resistance training exercise.
- C. Because of the lack of development of the epiphyseal growth plates, children should not participate in any form of endurance training.
- D. Both B and C are true

Answer: A (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 145

What is the function of the tricuspid valve?

- A. To pump blood through the heart.
- B. Prevents backflow of blood to the left atrium.

- C. It acts as a pacemaker.
- D. Prevents backflow of blood to the right atrium.

Answer: [\(SHOW ANSWER\)](#)

NEW QUESTION: 146

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

Answer: [A \(LEAVE A REPLY\)](#)

Section: Volume A

NEW QUESTION: 147

What is bradycardia?

- A. Heart rate less than 60 beats per minute
- B. Heart rate between 90 and 100 beats per minute
- C. Heart rate greater than 100 beats per minute
- D. Heart rate between 70 and 80 beats per minute

Answer: [A \(LEAVE A REPLY\)](#)

NEW QUESTION: 148

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

Answer: [D \(LEAVE A REPLY\)](#)

Section: Volume C

NEW QUESTION: 149

What is the equivalent of 2.5 pounds (1.13 kg) of body fat in kilocalories?

- A. 5250 kilocalories
- B. 8000 kilocalories
- C. 7000 kilocalories
- D. 8750 kilocalories

Answer: [D \(LEAVE A REPLY\)](#)

NEW QUESTION: 150

What is the primary muscle group involved in trunk flexion while standing during the eccentric phase of the movement?

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

Answer: C (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 151

A fitness professional who shares identifiable health information about a client with someone who is outside of the realm of patient care is in violation of which federal standard?

- A. Americans with Disabilities Act (ADA)
- B. Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule
- C. Occupational Safety and Health Administration (OSHA) Guidelines
- D. Family Educational Rights and Privacy Act (FERPA)

Answer: B (LEAVE A REPLY)

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NEW QUESTION: 152

What type of learner would benefit from a handout with written instructions?

- A. Auditory
- B. Visual
- C. Aesthetic
- D. Kinesthetic

Answer: B (LEAVE A REPLY)

NEW QUESTION: 153

Your client is a 59 year old sedentary female with a body mass index of 33 kg/m². She has no history of heart disease herself, but her mother had a myocardial infarction at the age of 66. She is an ex-smoker who quit 15 years ago, blood pressure is consistently 135/85 mm Hg, total cholesterol is 180 mg/dL (4.6 mmol/L) with an HDL level of 30 mg/dL (0.8

mmol/L), and blood glucose is 100 mg/dL (5.6 mmol/L). She has come to you for advice because she wishes to improve her overall health and fitness.

What initial American College of Sports Medicine risk stratification does this client fall into?

- A. High risk
- B. Very high risk
- C. Moderate risk
- D. Low risk

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 154

What does it mean if a specific activity is contraindicated?

- A. Perform less-intensively than normal
- B. Do not perform it as often
- C. Perform it slower than normal
- D. Do not perform at all

Answer: D ([LEAVE A REPLY](#))

Section: Volume A

Explanation/Reference:

NEW QUESTION: 155

Which of the following is a result of chronic aerobic training?

- A. Increased lipid production.
- B. Decreased high-density lipoprotein (HDL) levels.
- C. Decreased plasma triglyceride levels.
- D. Increased low-density lipoprotein (LDL) levels.

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 156

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

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

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 157

Your client is 5' 3" tall and weighs 130 pounds. After calculating her BMI, you have determined that she falls in which of the following weight status categories?

- A. Underweight
- B. Normal

C. Overweight

D. Obese

Answer: B (LEAVE A REPLY)

Section: Volume B

NEW QUESTION: 158

Which of the following physiological changes does NOT occur when a client improves aerobic capacity?

A. The muscles will be able to extract more oxygen from the blood.

B. Total lung volume will increase in proportion to the total accumulated time of high-intensity exercise.

C. The oxygen carrying capacity of the blood will increase.

D. The amount of air the lungs can take in will increase because of increases in the rate and depth of breathing.

Answer: (SHOW ANSWER)

Section: Volume A

NEW QUESTION: 159

When considering the acute responses of arm versus leg exercise, which is true?

A. At the same work load, systolic blood pressure is lower with arm exercise.

B. At the same work load, diastolic blood pressure is lower with arm exercise.

C. At the peak work load, systolic blood pressure is greater with arm exercise.

D. At the peak work load, oxygen consumption is greater with leg exercise.

Answer: D (LEAVE A REPLY)

Section: Volume C

NEW QUESTION: 160

When discussing strategies for changing physical activity habits with clients, it is usually best to:

A. give strong and clear advice about what works based on your professional experience.

B. assist clients to formulate their own behavior change strategies based on what has worked for them before.

C. refer clients to a behavioral psychologist for expert advice.

D. emphasize knowledge of the health benefits of exercise.

Answer: B (LEAVE A REPLY)

Section: Volume B

NEW QUESTION: 161

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

A. Social reinforcement

- B. Goal setting
- C. Self-monitoring
- D. Cognitive restructuring

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 162

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

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

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 163

What is the definition of arteriosclerosis?

- A. Hardening of the arteries
- B. Widening of the arteries
- C. Death of cardiac tissue
- D. Accumulation of plaque

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 164

Case study: A new client who has been resistance training for 6 months, comes to you with a goal of increasing muscular size. Following health appraisal and fitness testing including a modified 1 RM test, you design a program to meet the client's goal. Which of the following regimens best defines an appropriate plan to achieve this client's goal?

- A. 4-6 sets of 6-12 repetitions at 85% 1 RM
- B. 1-3 sets of 10-15 repetitions at 75% 1 RM
- C. 4-6 sets of 10-15 repetitions at 60% 1 RM
- D. 1-3 sets of 6-12 repetitions at 60% 1 RM

Answer: ([SHOW ANSWER](#))

Section: Volume A

NEW QUESTION: 165

What is the role of High Density Lipoprotein in the blood?

- A. Increases triglycerides
- B. Transports cholesterol
- C. Increases anaerobic enzymes
- D. Decreases total cholesterol

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 166

A 57 year old sedentary female client who has a blood pressure of 150/70 mm Hg and a total serum cholesterol of 240 mg/dL (6.2 mmol/L) desires to begin a vigorous intensity exercise program. How should the personal trainer advise the client?

- A. Begin a low intensity exercise program until medical clearance is obtained.
- B. Have a maximal graded exercise test completed prior to seeing their physician.
- C. Have a sub-maximal graded exercise test up to 85% of predicted heart rate maximum performed by the trainer prior to beginning the exercise program.
- D. Begin the vigorous exercise program immediately.

Answer: A (LEAVE A REPLY)

Section: Volume C

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NEW QUESTION: 167

What resistance training method is described by a light to heavy or heavy to light progression of sets?

- A. Pyramid
- B. Superset
- C. Negative set
- D. Volume training

Answer: A (LEAVE A REPLY)

Section: Volume A

NEW QUESTION: 168

According to the self-determination theory, a personal trainer would be most effective in helping a new client engage in an exercise regimen by _____.

- A. instructing him/her to walk/jog 3 days per week for 20-30 minutes at his/her training heart rate
- B. instructing him/her to bicycle 5 miles to work & back 5 days per week at a moderate pace
- C. encouraging him/her to take a 45 minute step-aerobics class 3 days per week in a supportive group environment

D. encouraging him/her to choose a favorite mode of exercise in a supportive group environment that meets regularly

Answer: D (LEAVE A REPLY)

Section: Volume C

NEW QUESTION: 169

Which of the following statements about dehydroepiandrosterone (DHEA) is correct?

- A. The U.S. Food and Drug Administration has classified DHEA as a controlled drug.
- B. DHEA has no potential influence on testosterone production by both men and women.
- C. DHEA has been shown to improve body composition and physical performance in most elderly men and women.
- D. The body does not produce DHEA.

Answer: A (LEAVE A REPLY)

NEW QUESTION: 170

Under which of the following circumstances would you expect to see the highest rise in blood lactate?

- A. After moderate intensity cycling exercise in the client with Type 2 diabetes
- B. During maximal exercise lasting between 60 and 180 seconds in the untrained client
- C. During maximal exercise lasting between 60 and 180 seconds in the athlete
- D. Prior to treadmill walking in the cardiac patient

Answer: C (LEAVE A REPLY)

NEW QUESTION: 171

Which peripheral adaptation is in part responsible for improvements in oxygen consumption that result from regular cardiovascular exercise?

- A. Increased capillary density
- B. Decreased mitochondrial density
- C. Increased stroke volume
- D. Decreased venous return

Answer: A (LEAVE A REPLY)

NEW QUESTION: 172

General guidelines to follow when prescribing resistance training exercise to the client with arthritis include which of the following?

- A. regimens with a frequency of no more than once per week
- B. regimens with a frequency of 2-3 days per week
- C. machine (as opposed to free weight) modes only
- D. intensities that never exceed body weight

Answer: B (LEAVE A REPLY)

NEW QUESTION: 173

Which of the following structures are important to anterior/posterior postural observation and analysis?

- A. Vertebral column for scoliosis and scapula for balance
- B. Glenohumeral joint for balance and elbow/wrist for alignment
- C. Vertebral column for balance and elbow/wrist for rotation
- D. Glenohumeral joint for rotation and scapula for balance

Answer: (SHOW ANSWER)

Section: Volume B

NEW QUESTION: 174

The Valsalva maneuver may elicit which of the following physiological responses during the concentric phase of a resistance training repetition?

- A. Increased intrathoracic pressure and decreased heart rate
- B. Decreased systolic blood pressure and increased heart rate
- C. Increased intrathoracic pressure and increased systolic blood pressure
- D. Decreased heart rate and increased systolic blood pressure

Answer: (SHOW ANSWER)

Section: Volume A

NEW QUESTION: 175

Which of the following physiological changes does NOT occur when a client improves aerobic capacity?

- A. The oxygen carrying capacity of the blood will increase.
- B. The amount of air the lungs can take in will increase because of increases in the rate and depth of breathing.
- C. The muscles will be able to extract more oxygen from the blood.
- D. Total lung volume will increase in proportion to the total accumulated time of high-intensity exercise.

Answer: D (LEAVE A REPLY)

NEW QUESTION: 176

Cardiac output is a product of heart rate multiplied by _____.

- A. peripheral resistance.
- B. blood pressure.
- C. stroke volume.
- D. blood volume.

Answer: C (LEAVE A REPLY)

NEW QUESTION: 177

If you are palpating the anterior surface of the lateral side of the distal forearm, what pulse are you checking?

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

Answer: C (LEAVE A REPLY)

NEW QUESTION: 178

Following a 12 week aerobic conditioning program, an individual running at a submaximal workload would be expected to have a(n) _____ circulating blood lactate level as compared to the value obtained at that same absolute workload prior to the conditioning program.

- A. somewhat higher
- B. equivalent
- C. substantially higher
- D. somewhat lower

Answer: D (LEAVE A REPLY)

NEW QUESTION: 179

During the concentric phase of a chin-up (with the forearms in a supinated grip) the glenohumeral joint is moving through _____ in the _____ plane.

- A. abduction, frontal
- B. extension, sagittal
- C. flexion, sagittal
- D. adduction, frontal

Answer: (SHOW ANSWER)

Section: Volume C

NEW QUESTION: 180

What is bradycardia?

- A. Heart rate less than 60 beats per minute
- B. Heart rate between 70 and 80 beats per minute
- C. Heart rate greater than 100 beats per minute
- D. Heart rate between 90 and 100 beats per minute

Answer: A (LEAVE A REPLY)

NEW QUESTION: 181

What tends to cause the symptoms of soreness that occur at 24-48 hours after a single bout of intensive exercise?

- A. Muscle fiber damage

- B. Glycogen depletion
- C. Lactic acid buildup
- D. Excessive cortisol secretion

Answer: A (LEAVE A REPLY)

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NEW QUESTION: 182

Determining an organization's guiding principles and goals is one element of _____.

- A. strategic planning
- B. leadership behaviors
- C. risk management
- D. facility management

Answer: A (LEAVE A REPLY)

NEW QUESTION: 183

One difference between over-reaching and overtraining is that _____.

- A. Overtraining involves a syndrome of prolonged fatigue in athletes whereas over-reaching may be planned, short-term training phase of high-intensity exercise followed by short-term recovery.
- B. Over-reaching involves poor nutrition and high-intensity exercise whereas overtraining only involves high-intensity exercise and normal nutritional practices.
- C. Overtraining may be a planned phase of high-intensity exercise common to elite athletes whereas over-reaching involves a similar phase in novice athletes.
- D. Over-reaching is a syndrome commonly seen in athletes involving prolonged periods of fatigue whereas overtraining is a temporary condition of mental stress that may impair performance.

Answer: A (LEAVE A REPLY)

NEW QUESTION: 184

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. Encourage her to consult with her physician for any possible limitations.
- C. Encourage her to continue exercising at 50% of her age-predicted maximal heart rate.
- D. Decrease the work volume for each workout session.

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 185

Which of the following indicates the correct order for a traditional periodization program for resistance training?

- A. strength/power, hypertrophy, recovery, peaking
- B. strength/power, peaking, recovery, hypertrophy
- C. hypertrophy, strength/power, peaking, recovery
- D. hypertrophy, peaking, strength/power, recovery

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 186

What respiratory muscles can cause forceful expiration?

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

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 187

What is the ACSM recommendation for an effective strength training program for a menopausal client?

- A. 6-10 repetitions per set of light intensity for 6-8 major muscle groups
- B. 10-15 repetitions per set of moderate to vigorous intensity for 8-10 major muscle groups
- C. 8-10 repetitions per set at 50% 1 RM for 12-15 major muscle groups
- D. 8-10 repetitions per set at 75-80% 1 RM for 2-3 major muscle groups

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 188

A 35 year old male client has a goal of completing a sprint distance triathlon. The Certified Personal Trainer prescribes an exercise regimen of swimming 2 days per week, running 3 days per week, and bicycling 2 days per week. What training principle is being used?

- A. Reversibility
- B. Overload
- C. Progression
- D. Specificity

Answer: (SHOW ANSWER)

Section: Volume C

NEW QUESTION: 189

Which of the following exercise program variables describes a change in intensity?

- A. Changing activity from treadmill to stair-stepper.
- B. Increasing a treadmill incline by five degrees.
- C. Increasing the number of workout days from two to three per week.
- D. Increasing treadmill running time from 20 to 30 minutes.

Answer: (SHOW ANSWER)

Section: Volume A

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