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ACSM Certified Personal Trainer (CPT) Certification Exam is a highly respected credential in the fitness industry. ACSM Certified Personal Trainer certification is offered by the American College of Sports Medicine (ACSM), a leading authority in exercise science and fitness research. The ACSM CPT Certification Exam is designed to assess the knowledge and skills of fitness professionals who wish to work as personal trainers.

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Certification Path

There is no prerequisite for this exam.

ACSM Certified Personal Trainer Sample Questions (Q164-Q169):

NEW QUESTION # 164

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

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

Answer: C

NEW QUESTION # 165

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

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

Answer: D

Explanation:

Section: Volume B

NEW QUESTION # 166

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

Answer: C

NEW QUESTION # 167

What action is produced by the quadriceps femora muscles during the concentric phase of the back squat exercise?

- A. Hip extension
- **B. Knee extension**
- C. Hip flexion
- D. Knee flexion

Answer: B

Explanation:

Section: Volume C

NEW QUESTION # 168

Which of the following theories addresses the human need to explain why things happen in an attempt to gain control or increase predictability?

- A. Transfer
- **B. Attribution**
- C. Retention
- D. Motivation

Answer: B

NEW QUESTION # 169

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