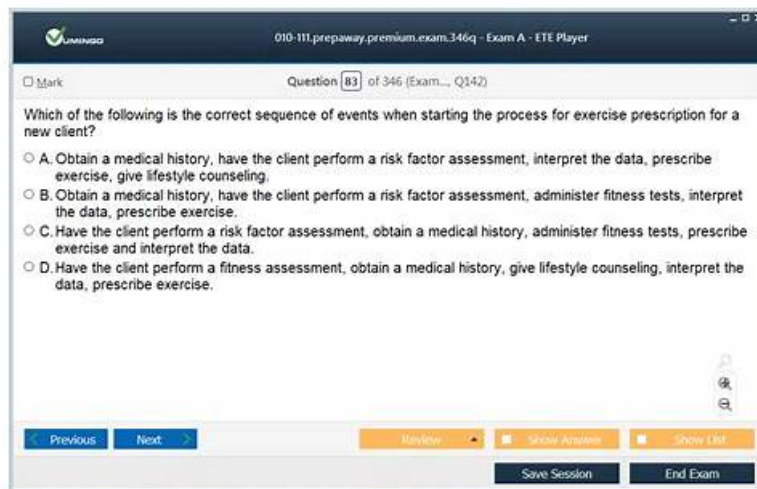


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ACSM Certified Personal Trainer Sample Questions (Q328-Q333):

NEW QUESTION # 328

As a response to a progressive resistance training program, which of the following demonstrates the predominant contribution to an increase in cross-sectional area of a muscle?

- A. atrophy and possibly hypertrophy
- B. hyperplasia and possibly hypertrophy
- C. hypertrophy and possibly hyperplasia
- D. atrophy and possibly hyperplasia

Answer: C

NEW QUESTION # 329

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

- A. Using muscle contraction of the extensors followed by muscle contraction of the flexors.

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

Answer: B

NEW QUESTION # 330

Which of the following modifiable risk factors is the most preventable cause of death in the United States today?

- A. Hypertension
- B. Diabetes
- C. Cigarette Smoking
- D. Hypercholesterolemia

Answer: C

NEW QUESTION # 331

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

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

Answer: D

Explanation:

Section: Volume B

NEW QUESTION # 332

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

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

Answer: B

Explanation:

Section: Volume C

NEW QUESTION # 333

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