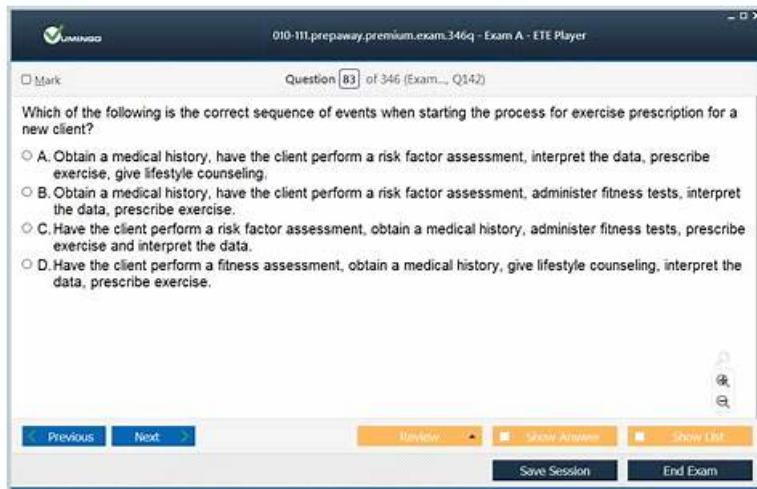


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ACSM Certified Personal Trainer Sample Questions (Q53-Q58):

NEW QUESTION # 53

Mr. Smith 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. Smith has which of the following coronary artery disease risk factors?

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

Answer: D

Explanation:

Section: Volume B

NEW QUESTION # 54

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

Answer: D

Explanation:

Section: Volume B

NEW QUESTION # 55

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

Answer: B

Explanation:

Section: Volume C

NEW QUESTION # 56

What is the leading cause of non-cardiovascular death in young athletes?

- A. **Overheating**

- B. Hypothermia
- C. Contact Sports Injuries
- D. Anemia

Answer: A

Explanation:

Section: Volume C

NEW QUESTION # 57

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

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

Answer: A

Explanation:

Section: Volume C

NEW QUESTION # 58

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