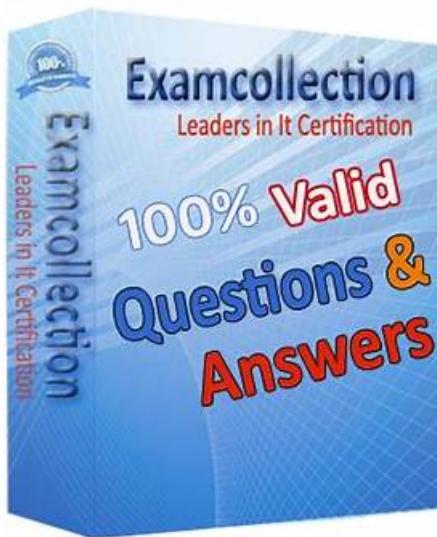


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## ACSM Certified Personal Trainer Sample Questions (Q290-Q295):

**NEW QUESTION # 290**

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**

Explanation:

Section: Volume A

**NEW QUESTION # 291**

Case study: After demonstrating a variety of weight training exercises to a new client, you ask if she has any questions. The client does not have any questions even though you observe her performing an exercise with improper form. After re-teaching the exercise, you should then reframe your questions to be more specific in order to \_\_\_\_\_.

- A. **check for understanding**
- B. demonstrate your knowledge
- C. demonstrate their mistake
- D. check for safety

**Answer: A**

**NEW QUESTION # 292**

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: D**

Explanation:

Section: Volume C

**NEW QUESTION # 293**

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

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

**Answer: B**

Explanation:

Section: Volume C

**NEW QUESTION # 294**

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

- A. Violations of HIPAA
- B. Emergency response negligence
- C. Inappropriate exercise prescription
- D. **Supplement recommendations**

**Answer: D**

Explanation:

Section: Volume C

## NEW QUESTION # 295

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