

010-111 Vce Exam - 010-111 Valuable Feedback



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Becoming an ACSM Certified Personal Trainer can provide numerous benefits for individuals looking to pursue a career in the fitness industry. ACSM Certified Personal Trainer certification is widely recognized as a symbol of excellence in personal training and can help individuals stand out in a competitive job market. Additionally, ACSM Certified Personal Trainers have access to a variety of resources and support from the organization, including continuing education opportunities, networking events, and career development assistance. Overall, the ACSM 010-111 Certification Exam is an important step in becoming a professional and knowledgeable personal trainer.

ACSM Certified Personal Trainer 010-111 Exam

ACSM Certified Personal Trainer 010-111 Exam which is related to ACSM Certified Personal Trainer Certification. This exam validates the Candidate ability to lead and demonstrate safe and effective methods of individual exercise leadership by applying the fundamental principles of exercise science. It also deals with the ability to write appropriate exercise recommendations. This exam verifies the Candidate have strong understanding and skills to motivate individuals to begin and continue practicing healthy behaviors.

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ACSM Certified Personal Trainer Sample Questions (Q330-Q335):

NEW QUESTION # 330

From a seated position, with dumbbells to the sides, raising the dumbbells laterally to shoulder level with elbows slightly flexed, exercises primarily the _____:

- A. posterior deltoid
- B. bicep brachii and latissimus dorsi
- C. middle deltoid.
- D. anterior deltoid and triceps brachii

Answer: C

Explanation:

Section: Volume A

NEW QUESTION # 331

What is the minimum duration of an moderate intensity intermittent bout of aerobic activity to promote and maintain health?

- A. 20 minutes
- **B. 10 minutes**
- C. 30 minutes
- D. 15 minutes

Answer: B

NEW QUESTION # 332

Which of the following statements is correct regarding the warm-up and cool-down components of the exercise training session?

- A. Cool-down during the exercise session can be eliminated if at least 10 minutes of stretching is performed instead.
- **B. Cool-down should approximate an intensity that is between 40 and 60% of VO₂R**
- C. Warm-up need not involve cardiorespiratory activity if the conditioning phase of the exercise session involves resistance training.
- D. Warm-up should last twice as long as cool-down.

Answer: B

NEW QUESTION # 333

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

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

Answer: B

NEW QUESTION # 334

What factors should be taken into account when determining appropriate exercise test and mode?

- A. Age, health history, gender
- **B. Age, health history, lifestyle**
- C. Health history, lifestyle, occupation
- D. Health history, gender, lifestyle

Answer: B

Explanation:

Section: Volume B

NEW QUESTION # 335

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