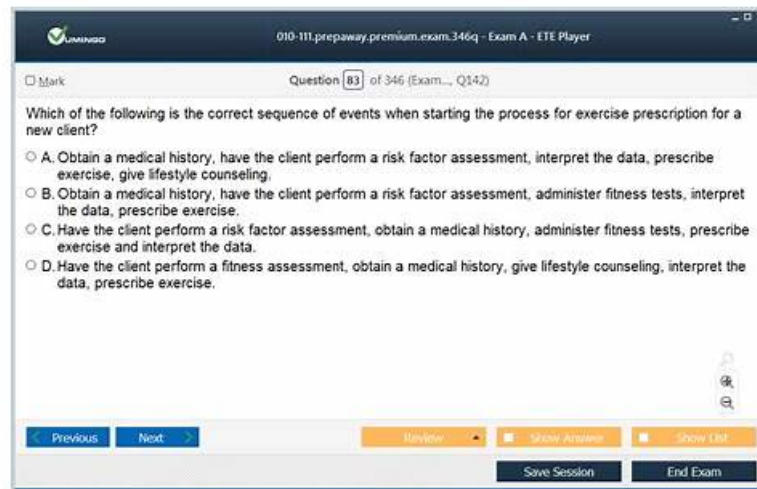


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ACSM Certified Personal Trainer Sample Questions (Q114-Q119):

NEW QUESTION # 114

Which statement is true regarding exercise for the prepubescent child?

- A. Children are less tolerant of heat because of a higher threshold for sweating.
- B. Since children are anatomically immature, they should not participate in any form of resistance training exercise.
- C. Children should perform at a low level of exertion only.
- D. Due to the lack of development of the epiphyseal growth plates, children should not participate in any form of endurance training.

Answer: A

NEW QUESTION # 115

What position should women in their second or third trimester of pregnancy avoid when performing exercise?

- A. On their side
- **B. Supine**
- C. On all fours (hands and knees)
- D. Prone

Answer: B

Explanation:

Section: Volume A

NEW QUESTION # 116

What two muscles, along with the supraspinatus and infraspinatus, make up the rotator cuff?

- **A. Teres minor and subscapularis**
- B. Teres major and subscapularis
- C. Teres major and scalenus
- D. Teres minor and scalenus

Answer: A

NEW QUESTION # 117

What muscle extends the elbow?

- A. Supinator teres
- B. Pronator teres
- C. Biceps brachii
- **D. Triceps brachii**

Answer: D

NEW QUESTION # 118

A 57 year old sedentary female client who has a blood pressure of 150/70 mm Hg and a total serum cholesterol of 240 mg/dL (6.2 mmol/L) desires to begin a vigorous intensity exercise program. How should the personal trainer advise the client?

- A. Begin the vigorous exercise program immediately.
- B. Have a sub-maximal graded exercise test up to 85% of predicted heart rate maximum performed by the trainer prior to beginning the exercise program.
- **C. Begin a low intensity exercise program until medical clearance is obtained.**
- D. Have a maximal graded exercise test completed prior to seeing their physician.

Answer: C

NEW QUESTION # 119

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