

# 010-111 Certification Training, Exam 010-111 Objectives



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>> 010-111 Certification Training <<

## Exam 010-111 Objectives, 010-111 Reliable Test Book

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ACSM 010-111 Certification Exam is recognized by many employers in the fitness industry as a mark of excellence. Certification demonstrates that a personal trainer has the knowledge and skills necessary to help clients achieve their fitness goals safely and effectively. In addition, the ACSM is highly respected in the medical community, which means that certified personal trainers may be able to work with clients who have medical conditions that require special attention. Overall, the ACSM 010-111 Certification Exam is an excellent way for individuals to establish themselves as highly qualified personal trainers in a competitive industry.

## ACSM Certified Personal Trainer Sample Questions (Q249-Q254):

### NEW QUESTION # 249

What motivational strategy is used to help an individual change negative statements into positive statements?

- A. Goal setting
- B. Self-monitoring
- C. Social reinforcement
- D. Cognitive restructuring

Answer: D

#### NEW QUESTION # 250

Downhill walking/jogging/running is characterized by eccentric activation of which of the following muscle groups?

- A. Hamstrings
- B. Brachioradialis
- C. Quadriceps femoris
- D. Gastrocnemius

**Answer: C**

#### NEW QUESTION # 251

Which of the following physiological changes does NOT occur when a client improves aerobic capacity?

- A. Total lung volume will increase in proportion to the total accumulated time of high-intensity exercise.
- B. The amount of air the lungs can take in will increase because of increases in the rate and depth of breathing.
- C. The muscles will be able to extract more oxygen from the blood.
- D. The oxygen carrying capacity of the blood will increase.

**Answer: A**

Explanation:

Section: Volume A

#### NEW QUESTION # 252

One example of a high cost/high impact marketing technique is \_\_\_\_\_.

- A. an ad placed on an internet search engine
- B. services bartered with a complimentary local business
- C. a television commercial depicting the facility and its employees
- D. an employee meeting with a current member to discuss program and services available

**Answer: C**

#### NEW QUESTION # 253

If the facility's \_\_\_\_\_ is not in place, a potential for litigation could occur.

- A. emergency policy
- B. supervisor policy
- C. facility cleanliness
- D. mission statement

**Answer: A**

#### NEW QUESTION # 254

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