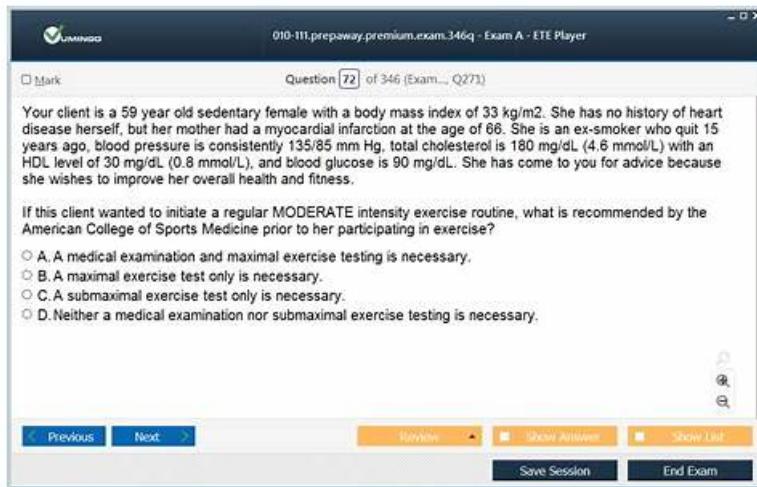


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ACSM Certified Personal Trainer Sample Questions (Q284-Q289):

NEW QUESTION # 284

The changes in muscle size associated with long-term resistance training is most likely due to increases in

- A. Muscle fiber cross-sectional diameter.
- B. Hydration state of the muscle.
- C. Muscle fiber number.
- D. Connective tissue thickness.

Answer: A

NEW QUESTION # 285

What is the training phase that is designed to establish an initial base of conditioning to increase tolerance for more intense training?

- A. Preparatory
- B. Off-season
- C. Post-season
- D. Competition

Answer: A

NEW QUESTION # 286

What is the term used to describe the body's ability to utilize oxygen during exercise?

- A. Lactate threshold
- B. **Oxygen consumption**
- C. Anaerobic threshold
- D. Anaerobic capacity

Answer: B

Explanation:

Section: Volume A

NEW QUESTION # 287

Which is the most important exercise to include in an overall training plan for an apparently healthy automobile mechanic who performs daily overhead movements?

- A. **Shoulder press**
- B. Lat pulldown
- C. Upright row
- D. Biceps curl

Answer: A

Explanation:

Section: Volume C

NEW QUESTION # 288

A client at your fitness center complains of a headache and seems disoriented. He appears ashen and has moist, cold skin. You know from his health history that he has Type II diabetes. Which of the following steps do you take after you call for medical assistance?

- A. Administer nothing... wait until emergency medical services arrive.
- B. Administer insulin.
- C. Administer water.
- D. **Administer sugar.**

Answer: D

NEW QUESTION # 289

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