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ACSM Certified Personal Trainer Sample Questions (Q66-Q71):

NEW QUESTION # 66

What is the predominant factor causing an increase in strength during the initial weeks of training?

- A. Increases in overall limb circumference.
- B. Changes in whole muscle cross-sectional area.
- **C. Improvements in neuromuscular adaptation.**
- D. Increases in muscle-fiber cross-sectional area.

Answer: C

NEW QUESTION # 67

Which of the following occurs when walking or running up an incline?

- A. Lesser flexibility of the plantar flexors
- **B. Greater flexibility of the soleus**
- C. Lesser force of action from the gluteus maximus

- D. Lesser force of action of the knee extensors

Answer: B

Explanation:

Section: Volume A

NEW QUESTION # 68

Which is not true regarding a properly administered informed consent?

- A. It provides an opportunity for inquiries.
- B. It provides an explanation of all procedures to be performed.
- C. It encourages and implies confidentiality.
- D. It releases the facility and personnel from liability.

Answer: D

NEW QUESTION # 69

The release of cortisol that results from repeated stressful events can lead to an increase in the accumulation of _____ and subsequently the release of free fatty acids into the blood stream.

- A. cholesterol
- B. subcutaneous fat
- C. abdominal fat
- D. lipids

Answer: C

Explanation:

Section: Volume C

NEW QUESTION # 70

Proper spotting technique for the forward step lunge when using a barbell involves positioning yourself _____.

- A. in front of the client, placing your hands on their waist before the client begins the exercise
- B. behind the client, placing your hands on the bar if balance starts to become compromised
- C. behind the client, placing your hands on their waist if balance starts to become compromised
- D. in front of the client, placing your hands on the bar before the client begins the exercise

Answer: C

Explanation:

Section: Volume C

NEW QUESTION # 71

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