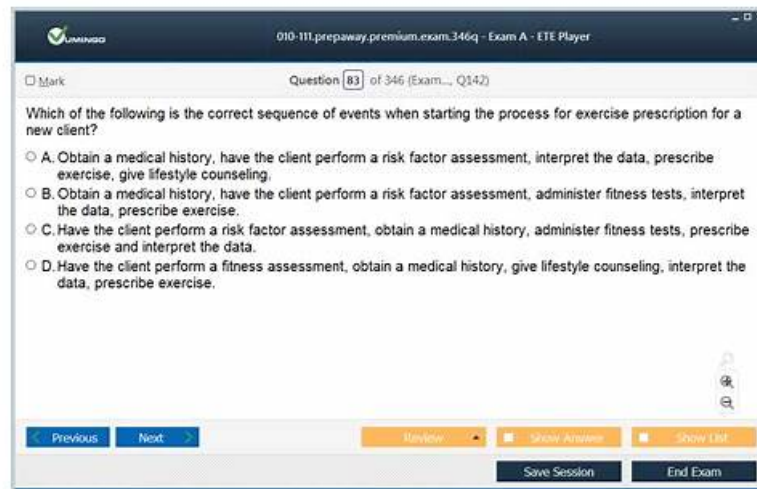


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ACSM Certified Personal Trainer Sample Questions (Q47-Q52):

NEW QUESTION # 47

What respiratory muscles can cause forceful expiration?

- A. Pectoralis minor
- **B. Internal intercostals**
- C. External intercostals
- D. Sternocleidomastoid

Answer: B

Explanation:
Section: Volume A

NEW QUESTION # 48

Who should obtain a physician's clearance before starting an exercise program?

- A. Men who are younger than 45 years of age and women who are younger than 55 years of age.
- **B. Sedentary individuals who are going to perform vigorous exercise.**
- C. Those who are considered low risk and perform only moderate exercise.
- D. Every individual who is beginning an exercise program.

Answer: B

NEW QUESTION # 49

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

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

Answer: C

NEW QUESTION # 50

What are the most commonly used modes for cardiovascular exercise testing?

- **A. Treadmill, cycle ergometer, and bench stepping**
- B. Treadmill, rowing ergometer, and bench stepping
- C. Treadmill, cycle ergometer, and rowing ergometer.
- D. Treadmill, cycle ergometer, and stair climber

Answer: A

NEW QUESTION # 51

When should a client exhale during performance of a bench press?

- **A. During the concentric phase of the movement.**
- B. Immediately before the movement begins.
- C. During the eccentric phase of the movement.
- D. Only after the movement ends.

Answer: A

NEW QUESTION # 52

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