

# 2026 Trustable ACSM 010-111 Hot Questions



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## ACSM Certified Personal Trainer Sample Questions (Q293-Q298):

### NEW QUESTION # 293

Your client is a 59 year old sedentary female with a body mass index of 33 kg/m<sup>2</sup>. She has no history of heart disease herself, but her mother had a myocardial infarction at the age of 66. She is an ex-smoker who quit 15 years ago, blood pressure is consistently 135/85 mm Hg, total cholesterol is 180 mg/dL (4.6 mmol/L) with an HDL level of 30 mg/dL (0.8 mmol/L), and blood glucose is 90 mg/dL. She has come to you for advice because she wishes to improve her overall health and fitness.

If this client wanted to initiate a regular MODERATE intensity exercise routine, what is recommended by the American College of Sports Medicine prior to her participating in exercise?

- A. A submaximal exercise test only is necessary.
- B. A medical examination and maximal exercise testing is necessary.
- C. Neither a medical examination nor submaximal exercise testing is necessary.

- D. A maximal exercise test only is necessary.

**Answer: C**

Explanation:

Section: Volume C

#### NEW QUESTION # 294

What heart rate changes are observed as a result of chronic aerobic training?

- A. Submaximal heart rate increases for a standard exercise task, while resting heart rate decreases.
- B. Resting heart rate decreases but there is no change in submaximal heart rate for a standard exercise task.
- C. Both submaximal heart rate for a standard exercise task, and resting heart rate decrease.
- D. Submaximal heart rate decreases for a standard exercise task and resting heart rate increases.

**Answer: C**

Explanation:

Section: Volume C

#### NEW QUESTION # 295

What are three non-modifiable conditions that place someone at increased risk for the development of coronary artery disease?

- A. Advanced age, gender, family history
- B. Family history, obesity, diabetes mellitus
- C. Gender, family history, dyslipidemia
- D. Post-menopausal status, excessive alcohol consumption, advanced age

**Answer: A**

#### NEW QUESTION # 296

An auditory learner benefits most from which of the following?

- A. Demonstrations
- B. Written instructions
- C. Touch training
- D. Voice cues

**Answer: D**

Explanation:

Section: Volume B

#### NEW QUESTION # 297

Which of the following is true about energy contents?

- A. fat = 9 kcal/gram, carbohydrate = 7 kcal/gram, water = 0 kcal/gram
- B. protein = 9 kcal/gram, fat = 4 kcal/gram, carbohydrate = 4 kcal/gram
- C. water = 0 kcal/gram, protein = 4 kcal/gram, alcohol = 7 kcal/gram
- D. carbohydrate = 7 kcal/gram, protein = 4 kcal/gram, alcohol = 7 kcal/gram

**Answer: C**

#### NEW QUESTION # 298

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In this rapid rhythm society, the competitions among talents are growing with each passing day, some job might ask more than one's academic knowledge it might also require the professional ACSM certification and so on. It can't be denied that professional certification is an efficient way for employees to show their personal ACSM Certified Personal Trainer abilities. In order to get more chances, more and more people tend to add shining points, for example a certification to their resumes. What you need to do first is to choose a right 010-111 Exam Material, which will save your time and money in the preparation of the 010-111 exam. Our 010-111 latest questions is one of the most wonderful reviewing ACSM Certified Personal Trainer study training dumps in our industry, so choose us, and together we will make a brighter future.

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