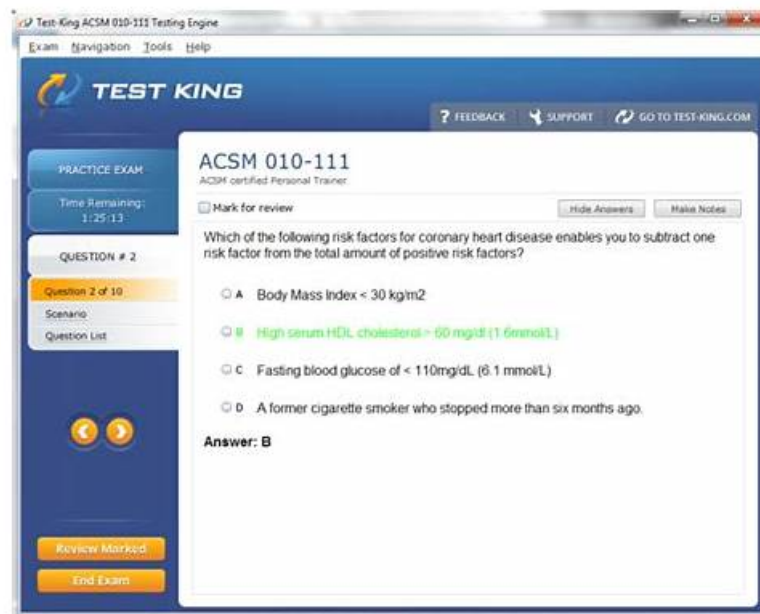


010-111 Sample Questions Answers - Exam 010-111 Details



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ACSM Certified Personal Trainer Sample Questions (Q260-Q265):

NEW QUESTION # 260

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

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

Answer: D

NEW QUESTION # 261

If a food product had 250 kilocalories per serving, a recommended serving size of 5 ounces, and contained 10 servings per container, how many kilocalories would one consume if s/he ate $\frac{1}{4}$ of the container?

- A. 0
- B. 1
- C. 2
- **D. 3**

Answer: D

NEW QUESTION # 262

The stroke volume of a client who has a cardiac output of 5 liters per minute and a heart rate of 70 beats per minute is approximately _____.

- A. 70 L
- **B. 70 mL**
- C. 350 L
- D. 350 mL

Answer: B

NEW QUESTION # 263

What does the sit-and-reach test assess?

- A. Shoulder extension
- **B. Trunk flexion**
- C. Trunk extension
- D. Shoulder flexion

Answer: B

Explanation:

Section: Volume C

Explanation/Reference:

NEW QUESTION # 264

Which is most associated with proprioceptive neuromuscular facilitation?

- A. Breathing techniques
- **B. Stretching techniques**
- C. Resistance training
- D. Cardiovascular exercise

Answer: B

NEW QUESTION # 265

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