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ACSM 010-111 Practice Test

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A ACSM expert has verified everything, and you will pass your ACSM 010-111 exam if you follow the advanced preparation procedures. The ACSM 010-111 Exam Questions would be a reliable source of information for specific preparation. Also, the 010-111 Exam Questions can help you achieve the best results possible.

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If you want to get a good job, and if you are not satisfied with your present situation, if you long to have a higher station in life. We think it is high time for you to try your best to gain the 010-111 certification. You do not need to think it is too late for you to study. As the saying goes, success and opportunity are only given to those people who are well-prepared! If you really long to own the 010-111 Certification, it is necessary for you to act now. We are willing to help you gain the 010-111 certification.

To be eligible to take the ACSM 010-111 exam, candidates must have a high school diploma or equivalent, as well as a current CPR/AED certification. It is also recommended that candidates have a bachelor's degree in exercise science or a related field. 010-111 Exam itself is computer-based and consists of 120 multiple-choice questions that must be completed in a three-hour time frame.

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ACSM 010-111 (ACSM Certified Personal Trainer) Exam is a rigorous and comprehensive assessment of an individual's knowledge and skills in the field of personal training. Achieving ACSM certification demonstrates a commitment to excellence and a dedication to the field, and can open up new opportunities for career growth and advancement.

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

NEW QUESTION # 260

The risk of developing a myocardial infarction increases when there is a family history of myocardial infarction or sudden death before the ages of:

- A. 55 years of age in any male relative; 65 years of age in any female relative
- B. 50 years of age in a first-degree female relative; 60 years of age in a first-degree male relative
- C. 55 years of age in a first-degree male relative; 65 years of age in a first-degree female relative
- D. 50 years of age in any male relative; 60 years of age in any female relative

Answer: C

NEW QUESTION # 261

Which of the following modifiable risk factors is the most preventable cause of death in the United States today?

- A. Hypertension
- B. Cigarette Smoking
- C. Hypercholesterolemia
- D. Diabetes

Answer: B

NEW QUESTION # 262

What are the minimal body fat percentages that place individuals at increased risk of disease?

- A. male 30%, female 35%
- B. male 35%, female 30%
- C. male 23%, female 33%
- D. male 32%, female 25%

Answer: C

NEW QUESTION # 263

General guidelines for increasing flexibility of the hamstring muscles include _____.

- A. warm-up, inhale during the stretch and maintain neutral position of the spine
- B. warm-up, exhale during the stretch and maintain neutral position of the spine
- C. static stretching and maintaining forward spinal flexion
- D. static stretching and maintaining spinal rotation

Answer: B

Explanation:

Section: Volume C

NEW QUESTION # 264

Type II muscle fibers:

- A. Are recruited at a higher percentage of maximum force than Type I fibers.
- B. Have a high capacity to generate energy from fat.
- C. Have a high capacity to generate energy through the electron transport system.

- Answer: A**

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