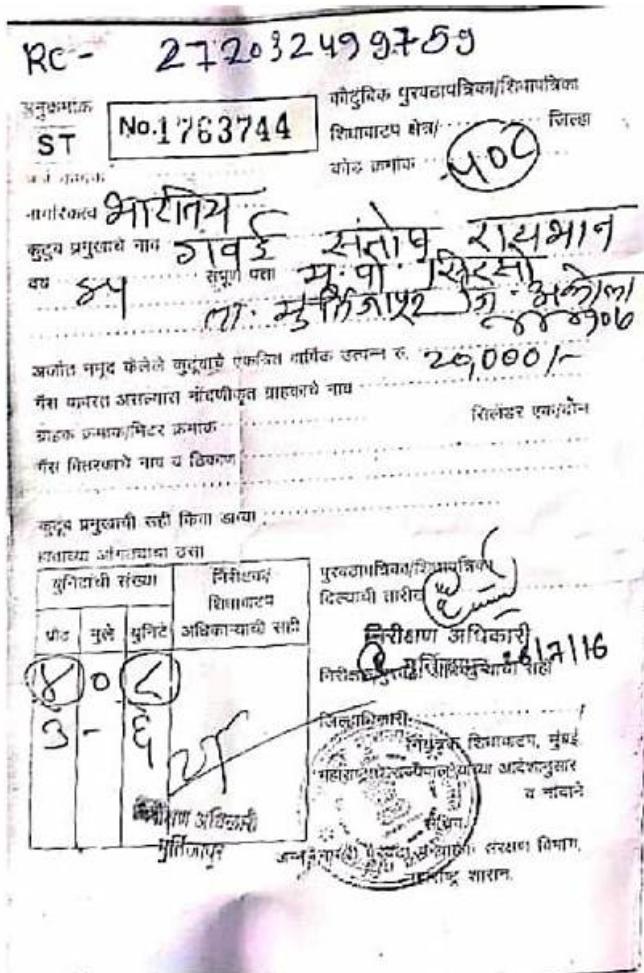


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## ACSM Certified Personal Trainer Sample Questions (Q69-Q74):

### NEW QUESTION # 69

What exercise should be avoided for a person suffering from shoulder impingement syndrome?

- A. Lateral raise
- B. Seated row
- C. Bench press
- D. Overhead press

**Answer: D**

Explanation:

Section: Volume B

### NEW QUESTION # 70

Claims relating to personal trainers violating their scope of practice occur most frequently in which area?

- A. Violations of HIPAA
- B. Supplement recommendations
- C. Emergency response negligence
- D. Inappropriate exercise prescription

**Answer: B**

### NEW QUESTION # 71

Clients seeking nutritional meal planning from an ACSM certified Personal Trainer should be:

- A. Informed about their nutritional supplement needs.
- B. counseled on macronutrients but not micronutrients.
- C. counseled on sport beverage intake only.
- D. referred to a Registered Dietician.

**Answer: D**

Explanation:

Section: Volume B

### NEW QUESTION # 72

Which of the following factors affect intensity of lower body plyometric drills?

- A. speed, height of the drill, and body weight
- B. strength of the athlete, points of contact, and flexibility
- C. strength of the athlete, height of the drill, and reaction time
- D. speed, range of motion, and reaction time

**Answer: A**

### NEW QUESTION # 73

What is bradycardia?

- A. Heart rate between 70 and 80 beats per minute
- B. Heart rate between 90 and 100 beats per minute
- C. Heart rate greater than 100 beats per minute
- D. Heart rate less than 60 beats per minute

**Answer: D**

## NEW QUESTION # 74

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