

2026 010-111 Reliable Exam Guide Pass Certify | Latest 010-111 Online Test: ACSM Certified Personal Trainer



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ACSM 010-111 exam covers a wide range of topics related to personal training, including anatomy, physiology, exercise prescription, and program design. Individuals must demonstrate their knowledge of these areas through a series of multiple-choice questions and case studies. 010-111 Exam is designed to be challenging, but it is also fair and comprehensive, ensuring that only those who are truly qualified can pass.

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Citing an old saying as "Opportunity always favors the ready minds". In the current era of rocketing development of the whole society, it's easy to be eliminated if people have just a single skill. Our 010-111 learning materials will aim at helping every people fight for the 010-111 certificate and help develop new skills. Our professionals have devoted themselves to compiling the 010-111 exam questions for over ten years and you can trust us for sure.

ACSM 010-111 (ACSM Certified Personal Trainer) Certification Exam is a challenging and comprehensive exam that tests the knowledge and skills of aspiring personal trainers. ACSM Certified Personal Trainer certification is highly respected in the fitness industry and is recognized by many employers and organizations. Individuals who pass the exam are eligible to use the ACSM-CPT credential, which is a valuable asset in the fitness industry.

To be eligible for the ACSM 010-111 Certification Exam, candidates must hold a high school diploma or equivalent and have a current CPR certification. Additionally, candidates must have completed an accredited personal training program or have a degree in exercise science or a related field. 010-111 exam consists of 125 multiple-choice questions that cover topics such as anatomy, physiology, exercise prescription, and client assessment.

ACSM Certified Personal Trainer Sample Questions (Q34-Q39):

NEW QUESTION # 34

Your new client is a 42 year old male who is a stock broker. His health history revealed the following: total cholesterol 185 mg/dL (4.7 mmol/L) , HDL 32 mg/dL (0.8 mmol/L), LDL 110 mg/dL (2.8 mmol/L), resting blood pressure 138/80 mm Hg, waist circumference 98 centimeters. What is his initial risk stratification?

- A. Moderate risk
- B. High risk

- C. Low risk
- D. Only a physician can determine this clients risk stratification

Answer: C

Explanation:

Section: Volume B

NEW QUESTION # 35

The Physical Activity Readiness Questionnaire (PAR-Q) includes questions regarding _____.

- A. family history of heart disease
- B. presence of chest pain and dizziness
- C. low density lipoproteins
- D. current fitness levels

Answer: B

NEW QUESTION # 36

If a 50 year old male checked a "yes" response on his PAR-Q, what is the next step for his certified Personal Trainer?

- A. Recommend a maximal stress test
- B. Refer client to his physician
- C. Discuss health history and begin program
- D. Administer fitness test and begin program

Answer: B

Explanation:

Section: Volume B

Explanation/Reference:

NEW QUESTION # 37

A 50-year-old woman who quit smoking 5 months ago with a BP of 120/90 mmHg, a BMI of 29 kg/m², a LDL of 135 mg/dL, and a HDL of 70 mg/dL wants to start an exercise program. How many net positive risk factors does she have?

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

Answer: D

Explanation:

Section: Volume C

Explanation/Reference:

NEW QUESTION # 38

Which is the most important exercise to include in an overall training plan for an apparently healthy automobile mechanic who performs daily overhead movements?

- A. Shoulder press
- B. Lat pulldown
- C. Upright row
- D. Biceps curl

Answer: A

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