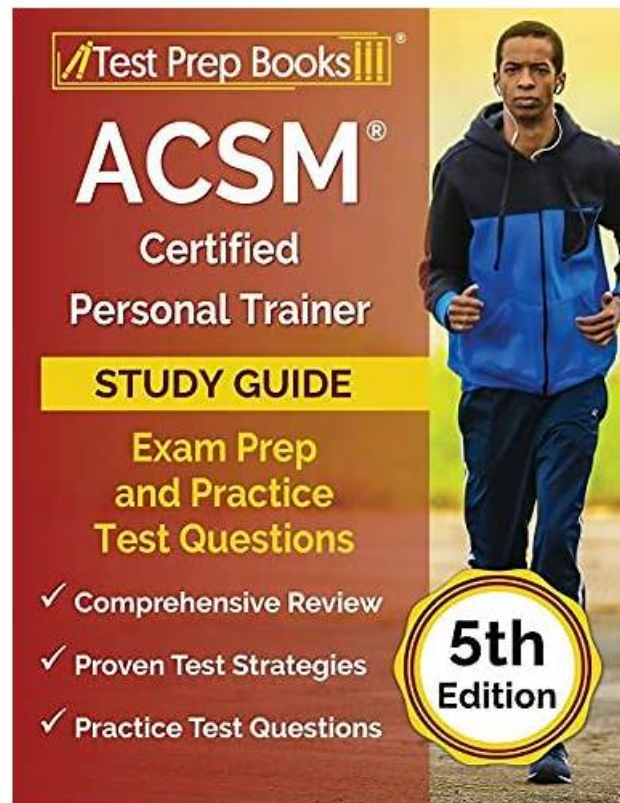


ACSM Certified Personal Trainer valid study guide & 010-111 torrent vce & ACSM Certified Personal Trainer dumps pdf



P.S. Free & New 010-111 dumps are available on Google Drive shared by DumpStillValid: https://drive.google.com/open?id=1PvEYroULThJ_Os3uuRtXBffWBNoUdvY

There is always a fear of losing the 010-111 exam and this causes you may loss your money and waste the time. There is no such issue if you study our 010-111 exam questions. Your money and exam attempt is bound to award you a sure and definite success if you study with our 010-111 Study Guide to prepare for the exam. According to our data, our pass rate of the 010-111 practice engine is high as 98% to 100%. So if you choose our 010-111 learning quiz, you will pass for sure.

The ACSM 010-111 Exam covers a wide range of topics related to exercise science, including anatomy, physiology, kinesiology, exercise programming, and nutrition. It consists of 120 multiple-choice questions and must be completed within 2.5 hours. The passing score for the exam is 550 out of 800 points.

>> 010-111 Valid Exam Tutorial <<

010-111 Test Engine | Test 010-111 Discount Voucher

Maybe you have desired the 010-111 certification for a long time but don't have time or good methods to study. Maybe you always thought study was too boring for you. Our 010-111 study materials will change your mind. With our products, you will soon feel the happiness of study. Thanks to our diligent experts, wonderful study tools are invented for you to pass the 010-111 Exam. You can try the demos first and find that you just can't stop studying if you use our 010-111 training guide.

ACSM Certified Personal Trainer Sample Questions (Q235-Q240):

NEW QUESTION # 235

Which of the following statements is true regarding exercise for the prepubescent child?

- A. Because of the lack of development of the epiphyseal growth plates, children should not participate in any form of endurance training.
- **B. Children are less tolerant of heat because of a higher threshold for sweating.**
- C. Since children are anatomically immature, they should not participate in any form of resistance training exercise.
- D. Both B and C are true

Answer: B

Explanation:

Section: Volume A

NEW QUESTION # 236

Why is a cool-down period important?

- A. Prevents heat stroke
- B. Helps prevent injuries
- C. Reduces brain blood flow back to normal
- **D. Returns pooled blood back to central circulation**

Answer: D

NEW QUESTION # 237

Which muscles are used to flex the knee joint?

- A. Biceps Femoris, Vastus Lateralis, and Sartorius
- B. Rectus femoris, Vastus Lateralis, and Vastus Medialis
- **C. Hamstrings, Gracilis, and Sartorius**
- D. Hamstrings, Gastrocnemius, and Soleus

Answer: C

NEW QUESTION # 238

What is the order of stretching techniques from lowest risk of injury to highest risk of injury?

- **A. Slow static; proprioceptive neuromuscular facilitation; ballistic.**
- B. Proprioceptive neuromuscular facilitation; ballistic; slow static.
- C. Ballistic; slow static; proprioceptive neuromuscular facilitation.
- D. Slow static; ballistic; proprioceptive neuromuscular facilitation.

Answer: A

Explanation:

Section: Volume A

Explanation

NEW QUESTION # 239

Current U.S. Physical Activity Guidelines recommend that every U.S. adult should accumulate a minimum of _____ minutes of moderate-intensity physical activity per week.

- A. 0
- **B. 1**

- Answer: B**

• • • • •

010-111 Test Engine: <https://www.dumpstillvalid.com/010-111-prep4sure-review.html>

- What's more, part of that DumpStillValid 010-111 dumps now are free: https://drive.google.com/open?id=1PvEYroULThJ_Os3uuRtXBffWBNoUdvY

Disposable vapes