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ACSM Certified Personal Trainer Sample Questions (Q231-Q236):

NEW QUESTION #231

What two muscles, along with the supraspinatus and infraspinatus, make up the rotator cuff?

- A. Teres major and scalenus
- B. Teres minor and scalenus
- C. Teres major and subscapularis
- D. Teres minor and subscapularis

Answer: D

Explanation: Section: Volume A

NEW OUESTION #232

Adenosine triphosphate production via glycolysis during maximal effort exercise of 10-30 seconds results in the formation of what by-product?

- A. Phosphoric Acid
- B. Pyruvic Acid
- C. Citric Acid
- D. Lactic Acid

Answer: D

NEW QUESTION #233

What are the FITTE Factors?

- A. Frequency, intensity, time, type, enjoyment
- B. Frequency, intensity, total, type, exercise
- C. Frequency, injury, time, type, enjoyment
- D. Frequency, intensity, total, type, equipment

Answer: A

NEW QUESTION #234

Which vitamins are classified as fat soluble?

- A. A, B, D, E
- B. A, C, D, K
- C. A, D, E, K
- D. A, B, C, D

Answer: C

NEW OUESTION #235

What is the anatomical reference for the waist circumference measurement?

- A. The maximal circumference between the chest to just below the gluteal fold.
- B. At the level of the umbilicus.
- C. Narrowest part of the torso, above the umbilicus, and below the xiphoid process.
- D. Two centimeters below the umbilicus.

Answer: C

NEW QUESTION #236

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