

# High Hit-Rate 100% Free 010-111-100% Free Cert Guide | Exam 010-111 Overview



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## Exam 010-111 Overview - Latest 010-111 Braindumps Sheet

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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 QUESTION # 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 QUESTION # 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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