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ACSM 010-111 Exam is open to individuals who have a high school diploma or equivalent and are at least 18 years of age. While there are no specific education or experience requirements, it is recommended that individuals have a background in exercise science, kinesiology, or a related field. Upon passing the exam, individuals will earn the ACSM Certified Personal Trainer credential, which is valid for three years. To maintain the certification, individuals must complete continuing education credits and renew their certification every three years.

ACSM 010-111 Exam covers a broad range of topics related to exercise science, including anatomy and physiology, exercise physiology, kinesiology, nutrition, and exercise programming. 010-111 exam also assesses a candidate's ability to conduct fitness assessments, design exercise programs, and provide appropriate feedback and support to clients. 010-111 exam consists of 120 multiple-choice questions and has a time limit of two and a half hours.

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ACSM 010-111 exam covers a wide range of topics, including anatomy and physiology, exercise science, nutrition, and client assessment and programming. 010-111 exam consists of 120 multiple-choice questions, and candidates have three hours to complete it. To pass the exam, candidates must score at least 550 out of 800 points. 010-111 Exam is administered by Pearson VUE, and candidates can take the exam at a testing center or online.

## ACSM Certified Personal Trainer Sample Questions (Q106-Q111):

### NEW QUESTION # 106

According to the Food Guide Pyramid, how should fats and oils be used in the diet?

- A. Equal the daily intake of protein
- B. Should make up at least 30% of each meal

- C. Sparingly
- D. Be consumed only with breakfast

**Answer: C**

Explanation:

Section: Volume B

#### **NEW QUESTION # 107**

Which would not be found on a quarterly profit and loss statement?

- A. Expenses due to payroll and benefits.
- B. Fixed assets like land or a building.
- C. Revenue from membership dues.
- D. Proportional fixed depreciation costs.

**Answer: B**

#### **NEW QUESTION # 108**

What is the American College of Sports Medicine's recommendation regarding frequency to increase cardiorespiratory fitness?

- A. One to two days per week
- B. Four to six days per week
- C. Two to three days per week
- D. Three to five days per week

**Answer: D**

Explanation:

Section: Volume A

#### **NEW QUESTION # 109**

Which of the following is the term used for a training regimen that begins with rapid eccentric muscle action followed by concentric action of the same muscle?

- A. Dynamic Activity Preparation
- B. Plyometrics
- C. Proprioceptive Neuromuscular Facilitation
- D. Progression

**Answer: B**

Explanation:

Section: Volume A

#### **NEW QUESTION # 110**

Which of the following is a potential danger of long-term consumption of a high-protein diet?

- A. Iron levels drop causing anemia
- B. Calcium is drawn from the bones & excreted in the urine
- C. Zinc becomes less absorbable
- D. Sodium is lost in the sweat causing hyponatremia

**Answer: B**

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