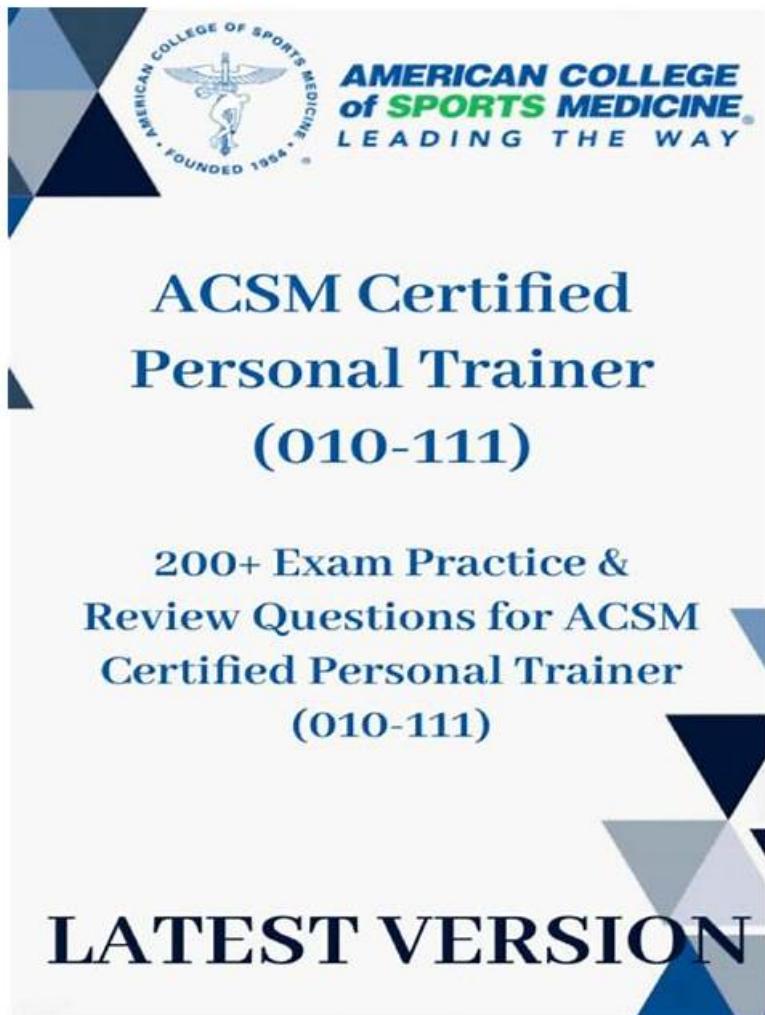


# ACSM 010-111 Questions - To Pass Exam Easily [2026]



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The ACSM 010-111 exam covers a wide range of topics related to exercise science, including anatomy, physiology, biomechanics, nutrition, exercise prescription, and client consultation. It is a comprehensive test that assesses both theoretical knowledge and practical skills. To prepare for the exam, candidates must study and understand these topics thoroughly, as well as have practical experience working with clients in a fitness setting.

ACSM 010-111 Exam consists of 125 multiple-choice questions that must be completed within three hours. The questions cover a broad range of topics related to personal training, including exercise physiology, biomechanics, nutrition, exercise programming, and client interaction. 010-111 exam is computer-based and can be taken at a testing center or online. Candidates must achieve a passing score of 550 or higher to earn certification.

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**010-111 Test Passing Score, Exam 010-111 Syllabus**

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## ACSM Certified Personal Trainer Sample Questions (Q25-Q30):

### NEW QUESTION # 25

Which of the following statements is correct regarding the warm-up and cool-down components of the exercise training session?

- A. Warm-up need not involve cardiorespiratory activity if the conditioning phase of the exercise session involves resistance training.
- B. Warm-up should last twice as long as cool-down.
- C. Cool-down during the exercise session can be eliminated if at least 10 minutes of stretching is performed instead.
- D. Cool-down should approximate an intensity that is between 40 and 60% of VO<sub>2</sub>R

**Answer: D**

### NEW QUESTION # 26

According to ACSM guidelines, a \_\_\_\_\_ client who is beginning a/n \_\_\_\_\_ is recommended to obtain a medical examination and graded exercise test.

- A. 46 year old female, newly diagnosed with type 2 diabetes; cycling class
- B. 24 year old, sedentary male; moderate-intensity walking program
- C. 20 year old female who smokes one pack of cigarettes per day; eight week resistance training class
- D. 62 year old, sedentary and overweight male; moderate-intensity biking program

**Answer: A**

### NEW QUESTION # 27

Which of the following is a limiting factor when using the body mass index (BMI) to determine obesity and disease risk?

- A. Body density must be computed or estimated first.
- B. Underestimates individuals with above average muscle mass.
- C. Skinfold thicknesses must be measured first.
- D. Fat and lean tissue weights are not differentiated.

**Answer: D**

Explanation:

Section: Volume B

### NEW QUESTION # 28

Older adults may have difficulty performing activities of daily living due to \_\_\_\_\_.

- A. increased muscle elasticity
- B. increased percent of type I muscle fibers
- C. decreased maximal heart rate
- D. decreased joint mobility

**Answer: D**

Explanation:

Section: Volume C

## NEW QUESTION # 29

What is the correct hand placement when spotting the supine dumbbell fly?

- A. Maintaining contact behind your client's elbows on the descent of the dumbbells.
- B. Hands held at your sides with your elbows flexed at a 45-degree angle.
- C. Close to your client's biceps without touching them.
- **D. Close to the dumbbells or wrists of your client without touching them.**

**Answer: D**

## NEW QUESTION # 30

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