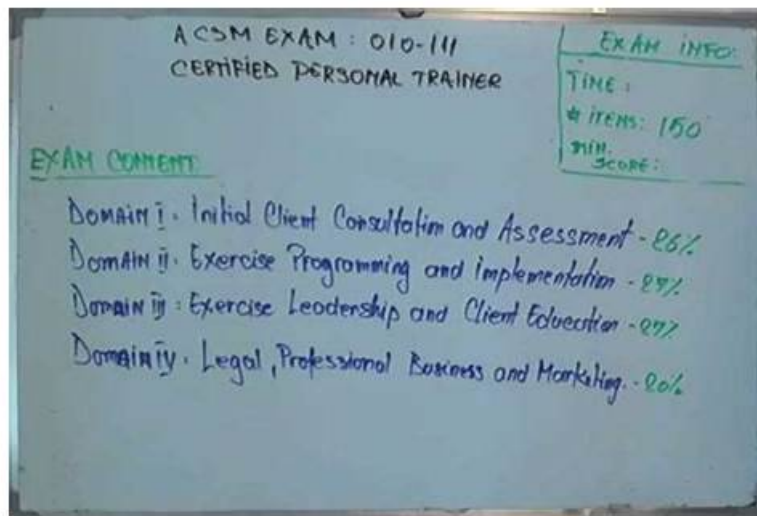


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Passing the ACSM 010-111 exam is a significant achievement for aspiring personal trainers. It demonstrates a commitment to ongoing education and professional development, and can open up new career opportunities and increase earning potential. Additionally, certified personal trainers who hold ACSM certification are often seen as more credible and trustworthy by clients, which can lead to increased business and referrals. Overall, the ACSM 010-111 Exam is an important step for anyone who wants to establish themselves as a knowledgeable and skilled personal trainer.

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ACSM 010-111 exam covers a broad range of topics related to exercise science, including anatomy, physiology, biomechanics, nutrition, and exercise prescription. It also tests candidates' knowledge of client assessment and communication skills, as well as their ability to develop safe and effective exercise programs for a variety of populations. 010-111 Exam consists of 125 multiple-choice questions and must be completed within three hours.

ACSM Certified Personal Trainer Sample Questions (Q255-Q260):

NEW QUESTION # 255

What is tachycardia?

- A. Heart rate greater than 100 beats per minute
- B. Heart rate between 90 and 100 beats per minute
- C. Heart rate less than 60 beats per minute
- D. Heart rate between 70 and 80 beats per minute

Answer: A

Explanation:
Section: Volume C
Explanation/Reference:

NEW QUESTION # 256

A process that entails conveying complete understanding to a client or patient about his or her options to choose to participate in a procedure, test, service, or program is known as a(n) _____.

- A. assurance of instruction
- **B. informed consent**
- C. release or waiver
- D. standard of care

Answer: B

Explanation:
Section: Volume C

NEW QUESTION # 257

Overtraining symptoms may include _____.

- **A. decreased neuromuscular strength**
- B. reduced submaximal heart rates
- C. increased body weight
- D. decreased creatine kinase levels in the skeletal muscle

Answer: A

NEW QUESTION # 258

Information about the personal habits of a client including alcohol, caffeine, and tobacco consumption is typically included in what document?

- **A. Medical history**
- B. Physical Activity Readiness Questionnaire
- C. Blood profile analysis
- D. Informed consent

Answer: A

NEW QUESTION # 259

What action is involved in the concentric phase of the biceps curl?

- **A. Flexion at the elbow.**
- B. Pronation of the forearm.
- C. Supination of the forearm.
- D. Extension at the elbow.

Answer: A

NEW QUESTION # 260

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