

ACSM 010-111 Exam Price - Exam 010-111 Outline

ACSM GEI Practice Exam 1 Lates 2024 with complete solution

Muscle imbalances are generally the major causes of poor posture including all of the following except

- A. inherited conditions
- B. habits from occupational or repetitive movements
- C. disease
- D. leg lifts - correct answer-D. Leg Lifts

To teach a stationary lunge, use all of the following cues except:

- A. stand with feet about 3 feet apart
- B. lift onto the ball of the back foot
- C. place the pelvis forward
- D. hips and shoulders are level - correct answer-C. place the pelvis forward

ACSM recommends an exercise intensity range of _____ of an individual's maximum heart rate for improvements in aerobic fitness.

- A. 45 - 50%
- B. 55 - 90%
- C. 35 - 40 %
- D. none of the above - correct answer-B. 55 - 90%

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ACSM 010-111 Exam is considered to be a rigorous and challenging certification exam that requires a strong foundation in exercise science and practical experience in personal training. Candidates who pass the exam are recognized as ACSM Certified Personal Trainers (CPTs) and are qualified to work with clients in a variety of settings, including gyms, health clubs, and private studios.

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ACSM Certified Personal Trainer Sample Questions (Q132-Q137):

NEW QUESTION # 132

Which of the following exercise program variables describes a change in intensity?

- A. Changing activity from treadmill to stair-stepper.
- B. Increasing treadmill running time from 20 to 30 minutes.
- C. Increasing a treadmill incline by five degrees.
- D. Increasing the number of workout days from two to three per week.

Answer: C

Explanation:

Section: Volume A

NEW QUESTION # 133

What happens to the muscle during isometric tension development?

- A. Relaxation of the muscle
- B. Shortening of the muscle
- C. No change in the length of the muscle
- D. Lengthening of the muscle

Answer: C

Explanation:

Section: Volume A

NEW QUESTION # 134

What changes occur during exercise following cigarette smoking?

- A. Respiration rate is suppressed.
- B. Heart rate response is exaggerated.
- C. Blood pressure response is suppressed.
- D. Sympathetic activity is inhibited.

Answer: B

NEW QUESTION # 135

What does waist to hip ratio assess?

- A. Weight relative to height
- B. The amount of subcutaneous fat
- C. Frame size
- D. Distribution of body weight

Answer: D

Explanation:

Section: Volume B

Explanation/Reference:

NEW QUESTION # 136

Answer: B

- Explanation:

NEW QUESTION # 137

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