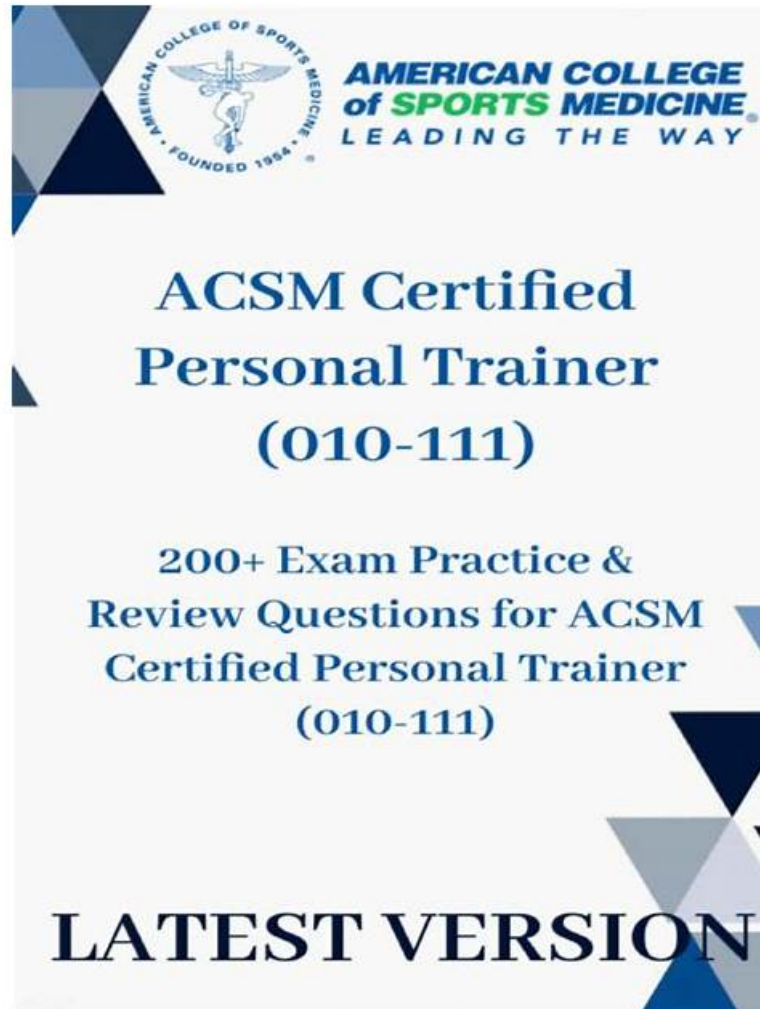


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ACSM Certified Personal Trainer Sample Questions (Q91-Q96):

NEW QUESTION # 91

When attempting to elicit "change talk" during Motivational Interviewing, the personal trainer should _____ of the client.

- A. make evaluations, express thoughts, identify strategies & make demands
- **B. make observations, express feelings, identify needs & make requests**
- C. make observations, express feelings, identify strategies & make demands
- D. make evaluations, express thoughts, identify needs & make requests

Answer: B

NEW QUESTION # 92

What is the correct spotting technique of the seated barbell shoulder press?

- **A. Keep hands in an alternate grip position close to the bar, and assist only when necessary.**
- B. Wrap your arms around and underneath your client's arms.
- C. Keep hands in an alternate grip position on the bar.
- D. Keep hands underneath your client's elbows and assist only when necessary.

Answer: A

NEW QUESTION # 93

Which of the following exercises is contraindicated by the American College of Sports Medicine?

- A. Trunk extensions
- B. Pelvic tilt
- **C. Unsupported hip/trunk flexion**
- D. Seated hip/trunk flexion

Answer: C

Explanation:

Section: Volume B

Explanation/Reference:

NEW QUESTION # 94

What muscle action will most likely induce delayed onset muscle soreness?

- A. Concentric
- **B. Eccentric**
- C. Isotonic
- D. Isometric

Answer: B

NEW QUESTION # 95

What motivational strategy is used to help an individual change negative statements into positive statements?

- A. Goal setting
- **B. Cognitive restructuring**
- C. Social reinforcement
- D. Self-monitoring

Answer: B

Explanation:

Section: Volume C

NEW QUESTION # 96

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