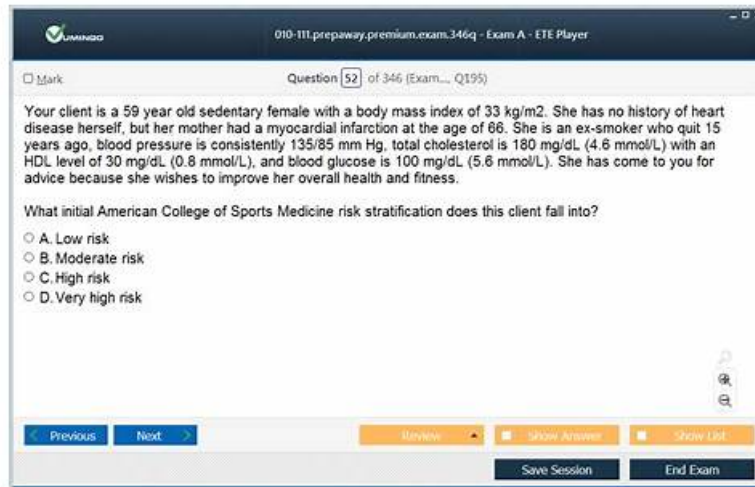


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## ACSM Certified Personal Trainer Sample Questions (Q113-Q118):

### NEW QUESTION # 113

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

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

**Answer: A**

#### **NEW QUESTION # 114**

What is the variability for any given age, when estimating a client's age-predicted maximum heart rate?

- A. 22 to 24 beats per minute
- B. 2 to 4 beats per minute
- C. 18 to 20 beats per minute
- D. 10 to 12 beats per minute

**Answer: D**

#### **NEW QUESTION # 115**

What is the correct spotting technique for the barbell lunge?

- A. Keep hands near the barbell.
- B. Keep hands on client's hips/waist or torso at all times.
- C. Place arms underneath your client's arms.
- D. Keep hands close to client's hips/waist or torso at all times.

**Answer: D**

#### **NEW QUESTION # 116**

What term best describes accurate record keeping, a safe exercise environment, and proper supervision?

- A. Help management
- B. Legal management
- C. Risk management
- D. Assistance management

**Answer: C**

Explanation:

Section: Volume B

#### **NEW QUESTION # 117**

A routine pattern of adhering to and documenting compliance with fitness industry guidelines is often an effective guard against \_\_\_\_\_.

- A. Breach of contract
- B. Negligence
- C. Malpractice
- D. Malfeasance

**Answer: B**

Explanation:

Section: Volume B

#### **NEW QUESTION # 118**

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