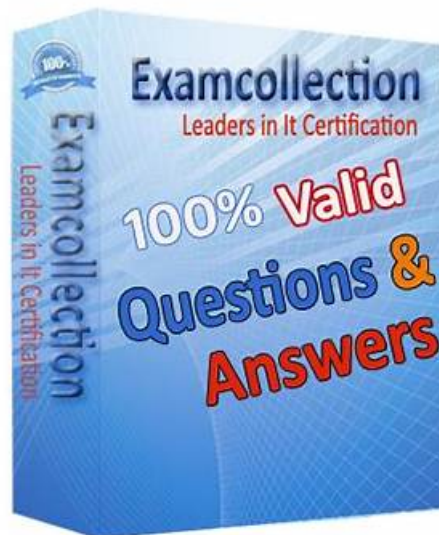


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ACSM Certified Personal Trainer Sample Questions (Q251-Q256):

NEW QUESTION # 251

Which 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. Over estimates individuals with above average muscle mass.**
- C. Skinfold thicknesses must be measured first.
- D. Fat and lean tissue weights are differentiated.

Answer: B

NEW QUESTION # 252

How does heart rate increase in relation to work rate and oxygen uptake during dynamic exercise?

- A. Curvilinearly
- B. Inversely
- **C. Linearly**
- D. Exponentially

Answer: C

NEW QUESTION # 253

Neural mechanisms responsible for adaptations in strength and power include all of the following EXCEPT an increased _____.

- A. motor unit firing rate
- B. motor unit recruitment
- C. fast-twitch fiber recruitment
- **D. antagonist muscle coactivation**

Answer: D

NEW QUESTION # 254

If a food product had 250 kilocalories per serving, a recommended serving size of 5 ounces, and contained 10 servings per container, how many kilocalories would one consume if s/he ate $\frac{1}{4}$ of the container?

- A. 0
- B. 1
- C. 2
- **D. 3**

Answer: D

NEW QUESTION # 255

What is the anatomical reference for the waist circumference measurement?

- A. At the level of the umbilicus.
- B. The maximal circumference between the chest to just below the gluteal fold.
- C. Two centimeters below the umbilicus.
- **D. Narrowest part of the torso, above the umbilicus, and below the xiphoid process.**

Answer: D

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