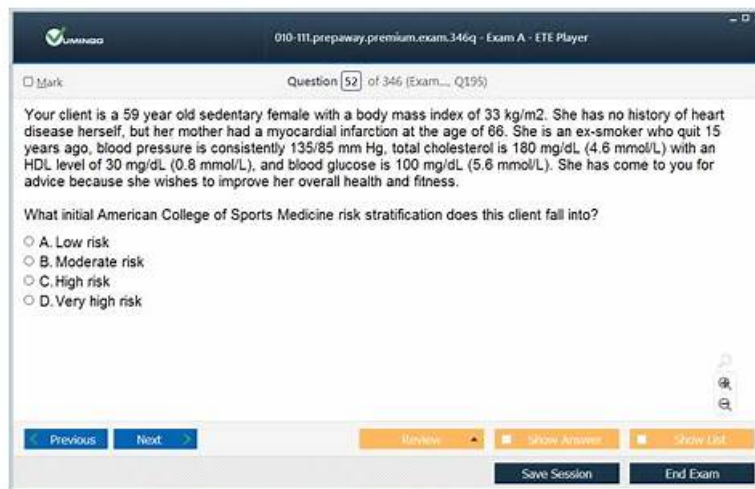


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ACSM Certified Personal Trainer Sample Questions (Q266-Q271):

NEW QUESTION # 266

A client at your fitness center complains of a headache and seems disoriented. He appears ashen and has moist, cold skin. You know from his health history that he has Type II diabetes. Which of the following steps do you take after you call for medical assistance?

- A. Administer nothing... wait until emergency medical services arrive.
- B. Administer insulin.
- **C. Administer sugar.**
- D. Administer water.

Answer: C

Explanation:

Section: Volume B

NEW QUESTION # 267

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

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

Answer: D

Explanation:

Section: Volume B

Explanation/Reference:

NEW QUESTION # 268

Where does ambivalence fall in the "Stages of Change" behavior model?

- A. Preparation
- B. Pre-contemplation
- **C. Contemplation**
- D. Action

Answer: C

NEW QUESTION # 269

What is a result of resistance training in adolescents?

- **A. It promotes muscular strength.**
- B. It causes permanent musculoskeletal damage.
- C. It increases muscular bulk.
- D. It increases the risk of osteoporosis.

Answer: A

NEW QUESTION # 270

What is the recommended range of essential body fat necessary for normal physiological function?

- A. 6-13% for males; 13-22% for females
- B. 3-5% for males; 6-8% for females
- **C. 3-5% for males; 8-12% for females**
- D. 13-18% for males; 20-35% for females

Answer: C

NEW QUESTION # 271

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