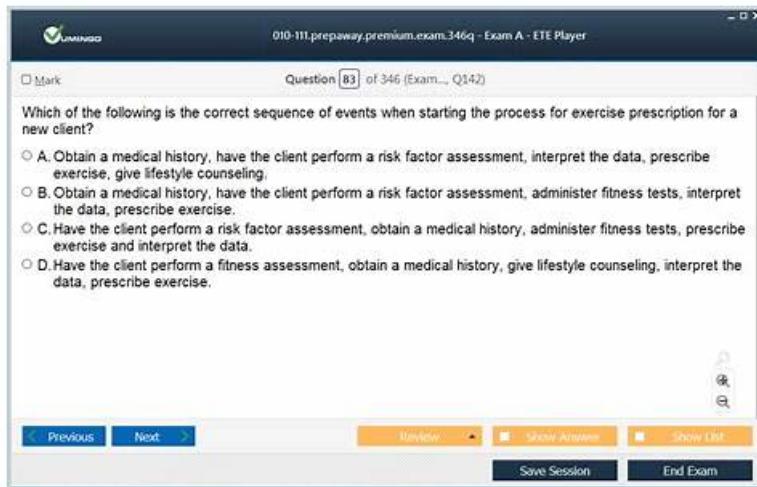


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ACSM 010-111 Exam is a challenging but rewarding certification for those who wish to become personal trainers. Earning this credential demonstrates that a candidate has a solid understanding of exercise science and the ability to create safe and effective exercise programs for clients. By earning the ACSM CPT credential, personal trainers can advance their careers and help their clients achieve their fitness goals.

ACSM 010-111 Exam Syllabus Topics:

| Topic | Details |
|-------|---------|
| | |

| | |
|---------|--|
| Topic 1 | <ul style="list-style-type: none"> Understanding the Risks and Methods of Financial Crime: This section of the exam measures the skills of Financial Crime Analysts and covers the identification, typology, and manifestation of various financial crimes such as money laundering, terrorist financing, sanctions evasion, fraud, bribery, corruption, and tax evasion. Candidates learn how these crimes impact economic stability, reputation, and regulatory compliance across sectors. It also explores predicate offenses and high-risk customer profiles like politically exposed persons (PEPs), virtual asset providers, gaming entities, and real estate sectors, emphasizing their vulnerabilities to financial crime. |
| Topic 2 | <ul style="list-style-type: none"> Tools and Technologies to Fight Financial Crime: This section of the exam measures the capabilities of Financial Crime Technology Specialists and emphasizes the use of advanced technological tools for combating financial crime. It focuses on integrating AI, machine learning, digital onboarding, e-KYC, biometric verification, and blockchain-based transaction monitoring. Candidates gain insights into managing data integrity, privacy, and taxonomy, while learning how to select and implement the right AFC technologies. The section also covers the transition from rules-based systems to intelligent automation, enhancing operational efficiency and strengthening financial crime prevention through innovative digital solutions. |
| Topic 3 | <ul style="list-style-type: none"> Global AFC Frameworks, Governance, and Regulations: This section of the exam assesses the expertise of Regulatory Compliance Officers and focuses on the international and national frameworks governing anti-financial crime (AFC). It includes the role of institutions like the FATF, United Nations, regulators, FIUs, and law enforcement agencies. Candidates study how jurisdictions cooperate during cross-border investigations, how national risk assessments influence compliance strategies, and how emerging areas such as data privacy, ESG, and consumer protection laws intersect with AML CTF frameworks. The importance of public-private partnerships in sharing intelligence and building resilience against global financial crime is also examined. |
| Topic 4 | <ul style="list-style-type: none"> Building an Anti-Financial Crime Compliance Program: This section of the exam evaluates the knowledge of AML Compliance Managers and focuses on the design and implementation of robust AFC programs. It covers essential components such as the risk-based approach (RBA), enterprise risk assessment, and the establishment of governance structures and reporting mechanisms. Candidates learn about the three lines of defense model, the function of compliance committees, and the role of KYC, CDD, and EDD controls. It also addresses customer onboarding, transaction monitoring, escalation procedures, internal investigations, and collaboration with regulatory bodies, ensuring a proactive compliance culture. |

ACSM Certified Personal Trainer Sample Questions (Q124-Q129):

NEW QUESTION # 124

Your client is a 59 year old sedentary female with a body mass index of 33 kg/m². She has no history of heart disease herself, but her mother had a myocardial infarction at the age of 66. She is an ex-smoker who quit 15 years ago, blood pressure is consistently 135/85 mm Hg, total cholesterol is 180 mg/dL (4.6 mmol/L) with an HDL level of 30 mg/dL (0.8 mmol/L), and blood glucose is 100 mg/dL (5.6 mmol/L). She has come to you for advice because she wishes to improve her overall health and fitness.

What are the risk factors according to the American College of Sports Medicine?

- A. Family history, obesity, sedentary lifestyle, hypertension, cigarette smoking
- B. Family history, cigarette smoking
- C. Obesity, sedentary lifestyle, hypercholesterolemia**
- D. Hypercholesterolemia, impaired fasting glucose, obesity, hypertension

Answer: C

NEW QUESTION # 125

What factors should be taken into account when determining appropriate exercise test and mode?

- A. Health history, lifestyle, occupation
- B. Health history, gender, lifestyle
- C. Age, health history, lifestyle**

- D. Age, health history, gender

Answer: C

NEW QUESTION # 126

What is the initial American College of Sports Medicine risk stratification of a 57 year old female client who has a blood pressure of 150/70 mm Hg and a total serum cholesterol of 240 mg/dL (6.2 mmol/L)?

- **A. Moderate risk**
- B. Low risk
- C. No risk
- D. High risk

Answer: A

NEW QUESTION # 127

Which of the following is the most important exercise to include in an overall training plan for an apparently healthy automobile mechanic who performs daily overhead movements?

- **A. Shoulder press**
- B. Lat pulldown
- C. Upright Row
- D. Tricep extension

Answer: A

Explanation:

Section: Volume A

NEW QUESTION # 128

What does waist to hip ratio assess?

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

Answer: B

Explanation:

Section: Volume B

NEW QUESTION # 129

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