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ACSM Certified Personal Trainer Sample Questions (Q50-Q55):

NEW QUESTION # 50

The ACSM recommended exercise prescription for developing and maintaining muscular strength and endurance for health and fitness includes a minimum of:

- A. 1-2 sets of 8-15 repetitions using 50-85% of the 1 repetition maximum (RM) for exercises that train the major muscle groups of the upper and lower body.
- B. 2-3 sets of 8-12 repetitions alternating days between upper and lower body exercises.
- **C. 1 set of 8-12 repetitions using 8-10 exercises that train the major muscle groups of the upper and lower body.**
- D. 2-3 sets of 10-15 repetitions using 80% of the 1 repetition maximum (RM) for exercises that train the major muscle groups of the upper and lower body.

Answer: C

Explanation:

Section: Volume A

NEW QUESTION # 51

Which body fat distribution pattern is most commonly associated with an increased risk of metabolic disease?

- A. Mesomorph
- B. Gynoid
- **C. Android**
- D. Ectomorph

Answer: C

NEW QUESTION # 52

A client is attempting to lose 10 pounds. In order to lose 1.5 pounds per week, she will have to reduce her caloric intake per day by how many calories?

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

Answer: A

Explanation:

Section: Volume B

NEW QUESTION # 53

An exercise prescription for your pregnant client should include _____.

- **A. dynamic, rhythmic activities that use the large muscle groups**
- B. team sports such as basketball, soccer, and racquet sports
- C. exercise occurring no more than three times per week
- D. avoidance of moderate intensity resistance training

Answer: A

NEW QUESTION # 54

When considering the acute responses of arm versus leg exercise, which is true?

- A. At the same work load, systolic blood pressure is lower with arm exercise.
- B. At the same work load, diastolic blood pressure is lower with arm exercise.
- **C. At the peak work load, oxygen consumption is greater with leg exercise.**
- D. At the peak work load, systolic blood pressure is greater with arm exercise.

Answer: C

NEW QUESTION # 55

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