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ACSM 010-111 Exam Questions

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ACSM 010-111 Exam Questions can be your first step towards working in the information technology industry as a software developer or information systems manager. So it's important to choose the 010-111 Exam Questions you use wisely for your ACSM certified Personal Trainer 010-111 Exam. If you use 010-111 Exam Questions that are outdated or unreliable, you might struggle on the Exam without realizing it because these types of 010-111 Exam Questions might include incorrect information or skip key topics completely.

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ACSM CPT Exam is designed to assess a candidate's understanding of exercise science, client assessment, program design and implementation, and ethical and professional responsibilities. 010-111 exam consists of 150 multiple-choice questions and is administered in a computer-based format. Candidates have three hours to complete the exam, which covers topics such as anatomy and physiology, biomechanics, nutrition, exercise prescription, and client communication.

ACSM 010-111 exam is considered to be a rigorous and challenging certification exam that requires a strong foundation in exercise science and practical experience in personal training. Candidates who pass the exam are recognized as ACSM Certified Personal Trainers (CPTs) and are qualified to work with clients in a variety of settings, including gyms, health clubs, and private studios.

ACSM 010-111 Certification Exam is divided into two parts. The first part is a computer-based test that consists of multiple-choice questions. The second part is a hands-on practical exam that tests the candidate's ability to apply their knowledge in real-world scenarios. The practical exam measures the candidate's ability to design and implement exercise programs, assess clients' fitness levels, and provide appropriate feedback and support.

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ACSM Certified Personal Trainer Sample Questions (Q199-Q204):

NEW QUESTION # 199

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: A

NEW QUESTION # 200

Vitamins classified as fat soluble are in which of the following groups?

- A. A, C, D, K
- B. A, D, E, K
- C. A, B, D, E
- D. A, B, C, D

Answer: B

Explanation:

Section: Volume B

Explanation

NEW QUESTION # 201

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

- A. Upright row
- B. Shoulder press
- C. Biceps curl
- D. Lat pulldown

Answer: B

NEW QUESTION # 202

Which of the following modifiable risk factors is the most preventable cause of death in the United States today?

- A. Hypercholesterolemia
- B. Hypertension
- C. Cigarette Smoking
- D. Diabetes

Answer: C

NEW QUESTION # 203

A client's workout plan shows scheduled increases and decreases in exercise volume. What training concept is being demonstrated?

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