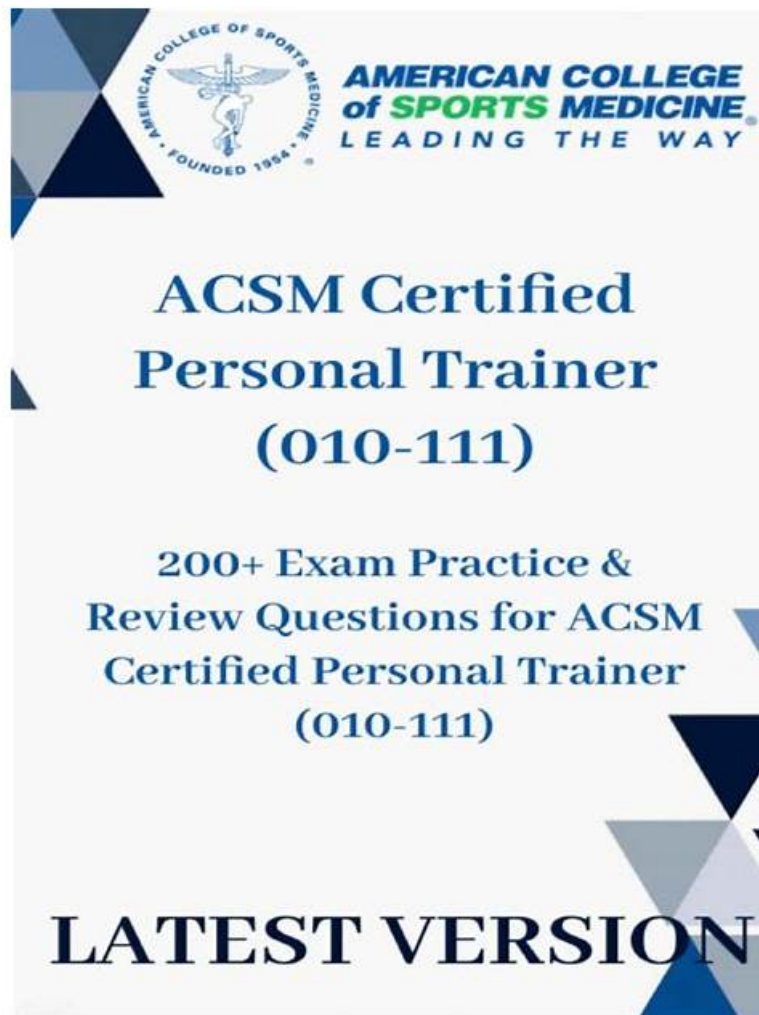


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ACSM Certified Personal Trainer Sample Questions (Q219-Q224):

NEW QUESTION # 219

Your client reports that she drank a 20 oz. (590 mL) cup of coffee 20 minutes prior to her exercise session. How might this affect her heart rate and blood pressure responses?

- A. Decrease blood pressure and increase heart rate.
- **B. Increase blood pressure and increase heart rate.**
- C. Decrease blood pressure and decrease heart rate.
- D. Increase blood pressure and decrease heart rate.

Answer: B

NEW QUESTION # 220

What happens to the muscle during isometric tension development?

- A. Lengthening of the muscle
- **B. No change in the length of the muscle**
- C. Relaxation of the muscle
- D. Shortening of the muscle

Answer: B

Explanation:

Section: Volume A

NEW QUESTION # 221

What is the recommendation for daily physical activity for youth?

- A. 30 minutes at low intensity and 30 minutes at moderate intensity
- B. 60 minutes at low intensity
- **C. 30 minutes at moderate intensity and 30 minutes at vigorous intensity**
- D. 60 minutes at 40 - 59% HRR

Answer: C

Explanation:

Section: Volume C

NEW QUESTION # 222

Which of the following occurs when walking or running up an incline?

- A. Lesser force of action of the knee extensors
- **B. Greater flexibility of the soleus**
- C. Lesser flexibility of the plantar flexors
- D. Lesser force of action from the gluteus maximus

Answer: B

Explanation:

Section: Volume A

NEW QUESTION # 223

What is the ACSM recommendation for an effective strength training program for a menopausal client?

- A. 6-10 repetitions per set of light intensity for 6-8 major muscle groups
- **B. 10-15 repetitions per set of moderate to vigorous intensity for 8-10 major muscle groups**
- C. 8-10 repetitions per set at 75-80% 1 RM for 2-3 major muscle groups
- D. 8-10 repetitions per set at 50% 1 RM for 12-15 major muscle groups

Answer: B

NEW QUESTION # 224

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