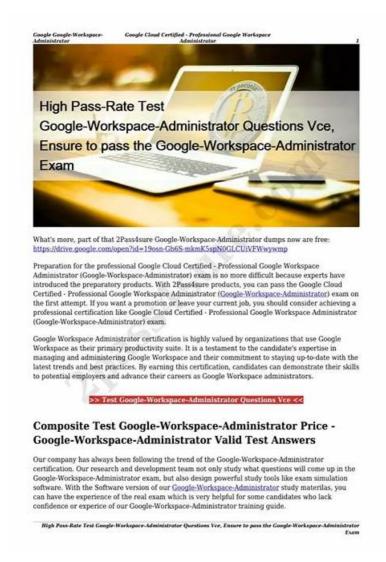
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Keep reading because we have discussed specifications of ACSM Certified Personal Trainer 010-111 PDF format, desktop ACSM Certified Personal Trainer 010-111 practice exam software, and ACSM Certified Personal Trainer 010-111 web-based practice test. Pass4Test is aware that many 010-111 exam applicants can't sit in front of a computer for many hours to study for the 010-111 examination. If you are one of those ACSM Certified Personal Trainer 010-111 exam candidates, don't worry because we have a portable file of ACSM ACSM Certified Personal Trainer PDF Questions for you. ACSM Certified Personal Trainer 010-111 PDF format works smoothly on all smart devices.

Conclusion

How about becoming a certified personal trainer in 2021? That's what the new ACSM 010-111 exam curriculum is all about. For companies, it is a huge business venture. For individuals, it is the perfect chance to leave a mark. And for your loved ones, it is an opportunity to enjoy healthy lifestyles. So, where do you belong? Now, you know all the important information about the ACSM Personal Trainer certification path. Passing its associated ACSM 010-111 test opens doors to a world of flexible career opportunities and easy entry into an advanced college for a high-level certificate. Ace this exam with the help of the above study resources, get the soft skills, keep up with the latest news, and become your family's dream health and fitness expert.

The ACSM 010-111 exam covers a wide range of topics related to exercise science, including anatomy, physiology, kinesiology,

exercise programming, and nutrition. It consists of 120 multiple-choice questions and must be completed within 2.5 hours. The passing score for the exam is 550 out of 800 points.

Who should take the 010-111 Exam

The ACSM Certified Personal Trainer certification is an internationally-recognized validation that identifies persons who earn it as possessing skilled as an ACSM Certified Personal Trainer. If a candidate wants significant improvement in career growth needs enhanced knowledge, skills, and talents. The ACSM Certified Personal Trainer certification provides proof of this advanced knowledge and skill. If a candidate has knowledge and skills that are required to pass ACSM 010-111 Exam then he should take this exam.

>> Exam 010-111 Vce <<

Professional Exam 010-111 Vce for Real Exam

Pass4Test provides you with tri-format prep material compiled under the supervision of 90,000 ACSM professionals from around the world that includes everything you need to pass the ACSM 010-111 Exam on your first try. The preparation material consists of a PDF, practice test software for Windows, and a web-based practice exam. All of these preparation formats are necessary for complete and flawless preparation.

ACSM Certified Personal Trainer Sample Questions (Q70-Q75):

NEW QUESTION # 7	NEW	OU	EST	ION	#	70
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Procuring general liability insurance and provides legal protection for a personal trainer who has been accused of negligence.

- A. employment practices liability insurance
- B. professional liability insurance
- C. worker's compensation
- D. third party insurance

Answer: B

NEW QUESTION #71

As the intensity of dynamic exercise increases, which acute responses occurs?

- A. Stroke volume decreases, heart rate and cardiac output increase.
- B. Heart rate and systolic blood pressure increase, stroke volume and cardiac output remain the same.
- C. Heart rate and systolic blood pressure increase, diastolic pressure remains unchanged.
- D. Heart rate, systolic blood pressure, and diastolic blood pressure increase.

Answer: C

NEW QUESTION #72

Typical movements in the weight room such as a biceps curl using free weights and leg press actions using a machine are best described as muscle actions.

- A. plyometric
- B. ballistic
- C. isotonic
- D. isokinetic

Answer: C

NEW QUESTION # 73

What is the correct order of an effective program planning model?

- A. Program assessment, needs planning, program implementation, program evaluation
- B. Needs assessment, program implementation, program planning, program evaluation
- C. Needs assessment, program planning, program implementation, program evaluation
- D. Program assessment, program planning, program implementation, program evaluation

Answer: C

NEW QUESTION #74

What of the following is the formula for calculating the heart rate reserve?

- A. Client's maximum heart rate, minus their age
- B. 220, minus the resting heart rate
- C. 220, minus the age of the client
- D. Client's maximum heart rate, minus their resting heart rate

Answer: D

NEW QUESTION #75

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