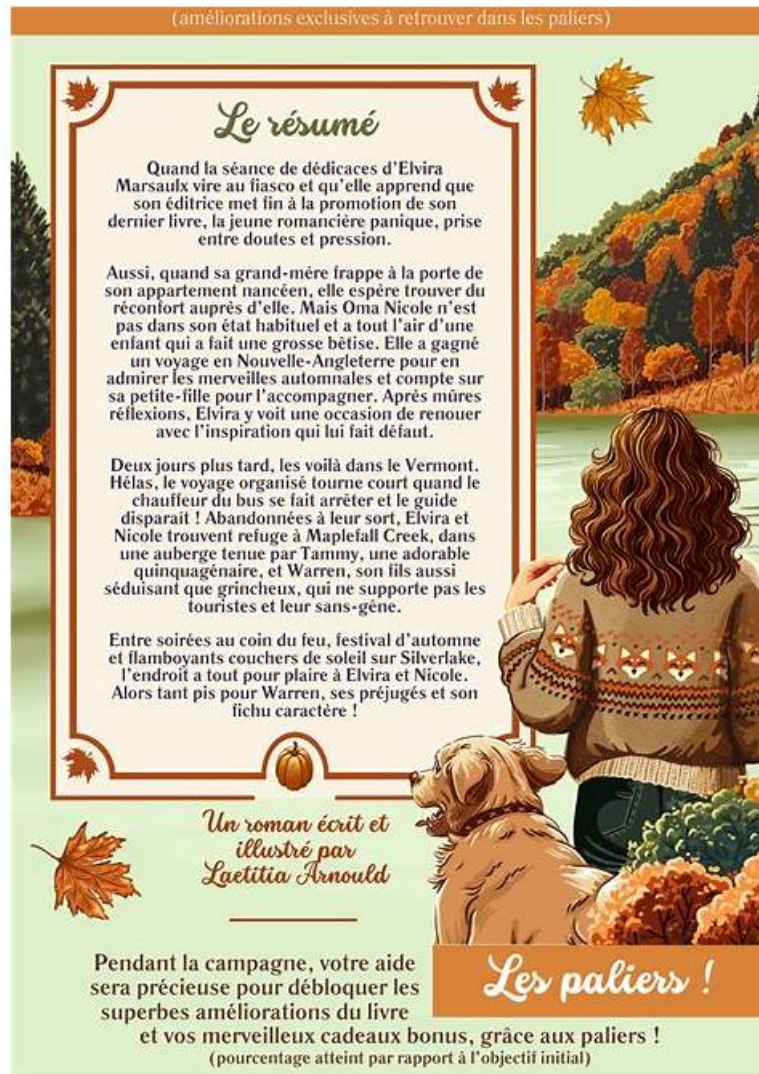


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ACSM Certified Personal Trainer Sample Questions (Q178-Q183):

NEW QUESTION # 178

What resistance training method is being used when the client is performing a set of bicep curls immediately followed by triceps pushdowns?

- A. Pyramid
- **B. Supersets**
- C. Split routine
- D. Plyometrics

Answer: B

NEW QUESTION # 179

A routine pattern of adhering to and documenting compliance with fitness industry guidelines is often an effective guard against _____.

- A. Malpractice
- B. Breach of contract
- **C. Negligence**
- D. Malfesance

Answer: C

Explanation:

Section: Volume B

NEW QUESTION # 180

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

Answer: D

NEW QUESTION # 181

What is the smallest contractile unit of a muscle cell?

- **A. Sarcomere**
- B. Myofibril
- C. Myosin
- D. Sarcolemma

Answer: A

NEW QUESTION # 182

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

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

Answer: C

NEW QUESTION # 183

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