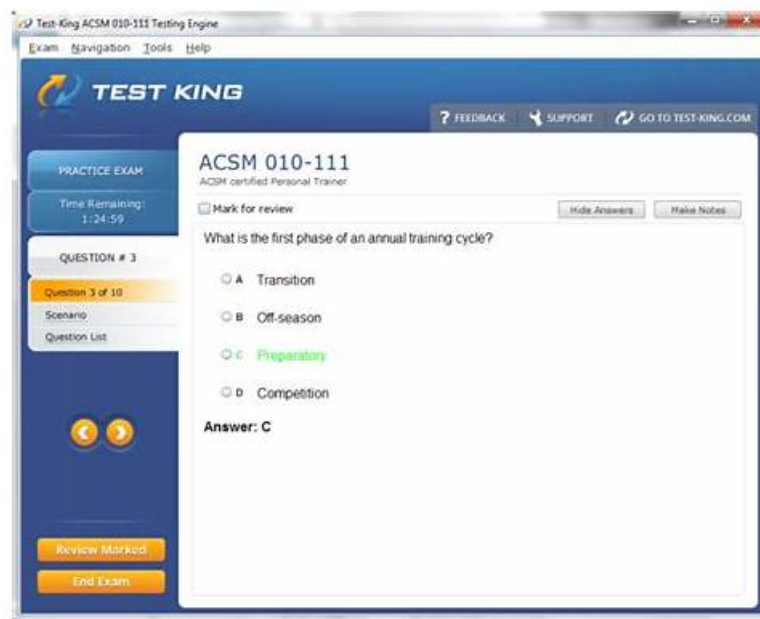


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ACSM Certified Personal Trainer Sample Questions (Q218-Q223):

NEW QUESTION # 218

Information about the personal habits of a client including alcohol, caffeine, and tobacco consumption is typically included in what document?

- A. Medical history
- B. Informed consent

- C. Physical Activity Readiness Questionnaire
- D. Blood profile analysis

Answer: A

NEW QUESTION # 219

Which exercise works best in isolating the soleus muscle?

- A. Standing heel raises.
- B. Half squats with external rotation of the hip joint.
- C. Seated ankle extensions with the knees straight.
- D. Seated heel raises with flexed knees.

Answer: D

NEW QUESTION # 220

Immediately following a chest and shoulder workout a 55-year-old male executive complains of a "dull ache" in the left side of the chest that is aggravated by respiration. What would you consider is the source of the pain?

- A. Muscular
- B. Respiratory
- C. Soreness
- D. Cardiac

Answer: A

Explanation:

Section: Volume C

NEW QUESTION # 221

Immediately following a chest and shoulder workout a 55-year-old male executive complains of a "dull ache" in the left side of the chest that is aggravated by respiration. What would you consider is the source of the pain?

- A. Muscular
- B. Respiratory
- C. Soreness
- D. Cardiac

Answer: A

NEW QUESTION # 222

When discussing strategies for changing physical activity habits with clients, it is usually best to:

- A. emphasize knowledge of the health benefits of exercise.
- B. assist clients to formulate their own behavior change strategies based on what has worked for them before.
- C. refer clients to a behavioral psychologist for expert advice.
- D. give strong and clear advice about what works based on your professional experience.

Answer: B

NEW QUESTION # 223

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