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ACSM Certified Personal Trainer Sample Questions (Q79-Q84):

NEW QUESTION # 79

What does the sit-and-reach test assess?

- A. Trunk flexion
- B. Trunk extension
- C. Shoulder flexion
- D. Shoulder extension

Answer: A

NEW QUESTION # 80

When performing a seated leg extension, which muscle group is the primary antagonist during the concentric phase?

- A. Hip extensors
- B. Quadriceps
- C. Back extensors
- **D. Hamstrings**

Answer: D

Explanation:

Section: Volume A

NEW QUESTION # 81

Which four extrinsic risk factors may be associated with an increased risk of musculoskeletal injury?

- A. Adverse environmental conditions, muscle weakness and imbalance, body composition, faulty equipment
- B. Bony alignment abnormalities, joint laxity, training errors, faulty equipment
- C. Restricted range of motion, previous injury, adverse environmental conditions, faulty equipment
- **D. Excessive Load on the body, training errors, adverse environmental conditions, faulty equipment**

Answer: D

NEW QUESTION # 82

Which chamber of the heart is responsible for pumping oxygenated blood to the body?

- **A. Left ventricle**
- B. Left atrium
- C. Right atrium
- D. Right ventricle

Answer: A

Explanation:

Section: Volume A

NEW QUESTION # 83

When proctoring the AHA/ACSM Health/Fitness Facility Preparticipation Screening Questionnaire to a new client, you learn that he may need to use a facility with a medically qualified staff or need a physician's referral. What sole aspect of his history would put him in that category?

- A. His blood cholesterol level is 250mg/dL (6.5 mmol/L)
- **B. He experiences chest discomfort with exertion**
- C. His blood pressure is 160/90 mm Hg
- D. He smokes 1 pack of cigarettes per day

Answer: B

NEW QUESTION # 84

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