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Certification Path

There is no prerequisite for this exam.

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ACSM Certified Personal Trainer Sample Questions (Q225-Q230):

NEW QUESTION # 225

Which occurs when running up an incline?

- A. Reduced force of action of the knee extensors.
- B. Greater viscosity of the knee joint synovial fluid.
- C. A reduced range of motion occurs in the ankle joint.
- **D. A greater range of motion occurs in the ankle joint.**

Answer: D

NEW QUESTION # 226

What is the standard site for the measurement of the subscapular skinfold?

- A. Five centimeters below the inferior angle of the scapula.
- B. Five centimeters to the left of the inferior angle of the scapula.
- C. Directly over the inferior angle of the scapula.

- D. One centimeter below the inferior angle of the scapula.

Answer: D

NEW QUESTION # 227

Doris is an 80 year-old client who is beginning an exercise program. What is recommended when providing initial stability ball training?

- A. Bounce gently on the ball to improve cardiorespiratory endurance.
- B. Place the ball close to a wall during the first few sessions
- C. Use smooth floor surfaces as opposed to carpet.
- D. Teach center of gravity awareness after demonstrating rotation movements.

Answer: B

NEW QUESTION # 228

Which energy system has the highest capacity for ATP production?

- A. ATP-CP
- B. Slow glycolysis
- C. Oxidative phosphorylation
- D. Rapid glycolysis

Answer: C

NEW QUESTION # 229

A 50 year old client has a resting heart rate of 70 beats per minute. Calculate the exercise heart rate for this client using 50% of heart rate reserve.

- A. 100 beats per minute
- B. 110 beats per minute
- C. 120 beats per minute
- D. 85 beats per minute

Answer: C

NEW QUESTION # 230

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