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Because our ACSM 010-111 practice test is a web-based mock test, there is no need for software installation as it works with all of the popular web browsers, including Internet Explorer, MS Edge, Firefox, Chrome, Opera, and Safari. Your preparation for the 010-111 Certification Exam will go more smoothly because our ACSM 010-111 online practice exam precisely replicates the environment of the actual exam.

ACSM Certified Personal Trainer Certification Preparation Course

This course is created by Trent Cayot, a renowned Ph.D. and ACSM-EP certification holder. It is one of the most convenient and detailed study options for the ACSM 010-111 Exam. Through this course, candidates will build a good understanding of the tested concepts using specific formats of learning. In general, the course content is organized in 6 major modules as highlighted below:

- Consultation and Preparation Health Screening
- Principles of Nutrition and Dietary Recommendations
- Introduction to Program Design

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ACSM Certified Personal Trainer Sample Questions (Q80-Q85):

NEW QUESTION # 80

Your client reports ankle swelling. What is another term for this?

- A. Atrophy
- **B. Edema**
- C. Analgia
- D. Erythroma

Answer: B

NEW QUESTION # 81

What is the smallest contractile unit of a muscle cell?

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

Answer: A

Explanation:

Section: Volume C

NEW QUESTION # 82

Which legal term is defined as "failure to conform one's conduct to a generally accepted standard or duty"?

- A. Neglect
- B. Abandonment
- C. Battery
- **D. Negligence**

Answer: D

NEW QUESTION # 83

Approximately how long is the initial conditioning phase of a cardiovascular training program?

- A. Eight weeks
- B. Sixteen weeks
- **C. Four weeks**
- D. Twelve weeks

Answer: C

Explanation:

Section: Volume A

Explanation/Reference:

NEW QUESTION # 84

Which of the following practices are NOT recommended for persons with asthma who desire to participate in a strenuous aerobic exercise program?

- A. Self-administer prescribed medication as directed prior to or during the exercise session.
- B. Exercise in an environment with warm, moist air.
- C. Use a scarf or surgical mask in front of the mouth if exercising in cold weather.
- **D. Use a short, intense warm-up.**

Answer: D

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