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ACSM Certified Personal Trainer Sample Questions (Q320-Q325):

NEW QUESTION # 320
Older adults may have difficulty performing activities of daily living due to _____.

- A. increased muscle elasticity
- B. increased percent of type I muscle fibers
- C. decreased joint mobility
- D. decreased maximal heart rate

Answer: C

NEW QUESTION # 321
What of the following is the formula for calculating the heart rate reserve?

- A. Client's maximum heart rate, minus their resting heart rate
- B. 220, minus the age of the client
- C. 220, minus the resting heart rate

- D. Client's maximum heart rate, minus their age

Answer: A

NEW QUESTION # 322
What does the sit-and-reach test assess?

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

Answer: B

NEW QUESTION # 323
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

NEW QUESTION # 324
Which component should be the primary focus of the mission statement for a personal training business?

- A. Annual strategic goals
- B. Business ideals
- C. Operating principles
- D. Proposed budget

Answer: B

Explanation:
Section: Volume C
Explanation

NEW QUESTION # 325
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Running Check Disk, The point is that this type of desperation makes salespeople 010-111 lousy negotiators because they are too desperate to close a deal and are willing to suffer procurement tactics to get the order.

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