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010-111 Exam topics

Candidates must know the exam topics before they start of preparation. Because it will really help them in hitting the core. Our **ACSM 010-111 Exam Dumps** will include the following topics:

- Exercise Programming and Implementation 45%
- Exercise Leadership & Client Education 20%
- Legal & Professional Responsibilities 10%
- Initial Client Consultation and Assessment 25%

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ACSM 010-111 Exam Syllabus Topics:

Topic	Details
Topic 1	Initial Client Consultation and Assessment
Topic 2	Exercise Programming and Implementation
Topic 3	Exercise Leadership and Client Education

ACSM Certified Personal Trainer Sample Questions (Q83-Q88):

NEW QUESTION #83

A client is attempting to lose 10 pounds. In order to lose 1.5 pounds per week, she will have to reduce her caloric intake per day by how many calories?

- A. 0
- B. 1
- C. 2
- D. 3

Answer: B

NEW QUESTION #84

What is an appropriate precaution and/or modification for exercising in higher ambient temperatures?

- A. Take salt tablets.
- B. Drink eight ounces of water once per hour.
- C. Select proper loose fitting, lightweight clothing.
- D. Train in clothes designed to trap and hold body heat.

Answer: C

Explanation:
Section: Volume A
Explanation/Reference:

NEW QUESTION #85

What behavioral strategy are you employing when you plan an outdoor exercise program for your client during his upcoming three-week vacation?

- A. Stimulus control
- B. Relapse prevention
- C. Decisional balance
- D. Self-monitoring

Answer: B

NEW QUESTION # 86

During the concentric phase of a chin-up (with the forearms in a supinated grip) the glenohumeral joint is moving through _____ in the plane.

- A. extension, sagittal
- B. abduction, frontal
- C. flexion, sagittal
- D. adduction, frontal

Answer: A

NEW QUESTION #87

A client at your fitness center who has just completed a vigorous bout of exercise complains of fatigue, lightheadedness and shakiness. You know from his health history that he has type II diabetes. Which do you administer after you call for medical assistance?

- A. Salt tablet
- B. Insulin
- C. Orange juice
- D. Nothing

Answer: C

NEW QUESTION #88

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