

Stay Updated with Free ACSM 010-111 Exam Question Updates

ACSM Exam 1 question with complete solution graded A+ 2023

ACSM - correct answer American College of Sports of Medicine

AHA - correct answer American Heart Association

Certifications for ACSM - correct answer - CPT, EP-C* - Clinical Exercise Specialist

- Nat'l Strength and Conditioning Association (CSCS)

- Aerobics & Fitness Association of America (AFAA)

- American Council on Exercise (ACE)

How do I get certified for ACSM? - correct answer - A minimum of a bachelor's degree in EXS or related field (may take exam during final semester)

- Current certification in adult CPR/AED with a hands-on practical component

- Cost \$279 for non-members, \$219 for members, \$150 for re-test

- Go to ACSM.org to sign up

How do I stay certified? - correct answer 60 hours of CEC's

\$55

Renewal period: 3 yrs.

ACSM Health & Fitness summit

ACSM Annual Meeting

IDEA World Convention

IDEA PT Institute

ACSM EP-C's - correct answer Conduct complete physical assessments and interpret the results in order to prescribe appropriate, personalized exercise programs

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While most people would think passing ACSM certification 010-111 exam is difficult. However, if you choose Pass4SureQuiz, you will find gaining ACSM certification 010-111 exam certificate is not so difficult. Pass4SureQuiz training tool is very comprehensive and includes online services and after-sales service. Professional research data is our online service and it contains simulation training examination and practice questions and answers about ACSM Certification 010-111 Exam. Pass4SureQuiz's after-sales service is not only to provide the latest exam practice questions and answers and dynamic news about ACSM 010-111 certification, but also constantly updated exam practice questions and answers and binding.

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>> Exam 010-111 Lab Questions <<

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ACSM 010-111 Exam consists of 120 multiple-choice questions and must be completed within three hours. 010-111 exam covers a broad range of topics, including anatomy, physiology, exercise prescription, exercise programming, and nutrition. Candidates must demonstrate their ability to design and implement safe and effective exercise programs for clients of all ages and fitness levels, as well as their knowledge of risk factors and safety considerations related to exercise.

ACSM Certified Personal Trainer Sample Questions (Q152-Q157):

NEW QUESTION # 152

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. Use smooth floor surfaces as opposed to carpet.
- **C. Place the ball close to a wall during the first few sessions**
- D. Teach center of gravity awareness after demonstrating rotation movements.

Answer: C

NEW QUESTION # 153

What is the natural curve in the lumbar region of the spine?

- A. Myotic curve
- B. Scoliotic curve
- C. Kyphotic curve
- **D. Lordotic curve**

Answer: D

NEW QUESTION # 154

Determining an organization's guiding principles and goals is one element of _____.

- **A. strategic planning**
- B. risk management
- C. leadership behaviors
- D. facility management

Answer: A

NEW QUESTION # 155

Which of the following indicate the appropriate height range for performing depth jump training effectively and safely?

- **A. 16 to 42 inches (41 to 107 cm)**
- B. 24 to 48 inches (61 to 122 cm)
- C. 40 to 60 inches (102 to 152 cm)
- D. 32 to 60 inches (81 to 152 cm)

Answer: A

NEW QUESTION # 156

What is the exercise response to acute cigarette smoking?

- A. Heart rate increases; likelihood of coronary artery spasm increases
- B. Likelihood of coronary artery spasm decreases; blood pressure response to exercise increases
- C. Respiration rate increases; blood pressure response to exercise decreases
- D. Likelihood of coronary artery spasm increases; blood pressure response to decreases

Answer: A

Explanation:

Section: Volume C

Explanation/Reference:

NEW QUESTION # 157

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