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## ACSM Certified Personal Trainer Sample Questions (Q71-Q76):

### NEW QUESTION # 71

Which structure is responsible for maintaining atrio-ventricular valve closure in the heart?

- A. Cardiac myocyte
- B. Foramen Ovale
- C. Purkinje Fibers
- D. Papillary muscle

**Answer: D**

Explanation:

Section: Volume C

Explanation/Reference:

### NEW QUESTION # 72

Which of the following is NOT a principle of training?

- A. Specificity
- B. Reversibility
- C. Overload
- **D. Concentration**

**Answer: D**

#### NEW QUESTION # 73

An appropriate exercise movement to develop the \_\_\_\_\_ is a \_\_\_\_\_ .

- A. hip abductors; half-squat
- B. triceps; arm curl
- **C. wrist flexors; wrist curl**
- D. quadriceps; knee flexion

**Answer: C**

#### NEW QUESTION # 74

A client at your fitness center complains of a headache and seems disoriented. He appears ashen and has moist, cold skin. You know from his health history that he has Type II diabetes. Which of the following steps do you take after you call for medical assistance?

- A. Administer insulin.
- **B. Administer sugar.**
- C. Administer nothing.. wait until emergency medical services arrive.
- D. Administer water.

**Answer: B**

Explanation:

Section: Volume B

#### NEW QUESTION # 75

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

**Answer: D**

#### NEW QUESTION # 76

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