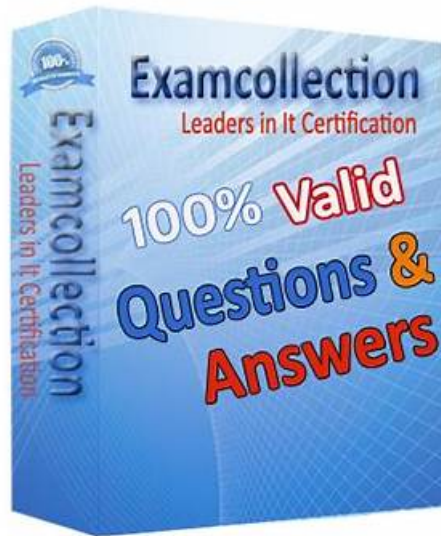


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To be eligible to take the ACSM 010-111 exam, candidates must have a high school diploma or equivalent, and must hold a valid CPR/AED certification. They must also have completed a program of study or work experience in the field of fitness or exercise science. The ACSM recommends that candidates have a minimum of 6 months of experience working in the fitness industry prior to taking the exam. Passing the ACSM 010-111 exam is a significant achievement for personal trainers, as it demonstrates their knowledge and expertise in the field, and can help to increase their credibility and earning potential.

Preparing for the ACSM 010-111 Exam requires a significant amount of study and preparation. Many individuals choose to enroll in a personal training certification program, which can provide them with the knowledge and skills they need to pass the exam. These programs typically include classroom instruction, practical skills training, and practice exams to help individuals prepare for the real thing.

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ACSM Certified Personal Trainer Sample Questions (Q343-Q348):

NEW QUESTION # 343

Which of the following occurs when walking or running up an incline?

- A. Lesser force of action from the gluteus maximus
- B. Lesser flexibility of the plantar flexors
- C. Greater flexibility of the soleus
- D. Lesser force of action of the knee extensors

Answer: C

NEW QUESTION # 344

What happens to the muscle during isometric tension development?

- A. No change in the length of the muscle
- B. Lengthening of the muscle
- C. Relaxation of the muscle
- D. Shortening of the muscle

Answer: A

Explanation:

Section: Volume A

NEW QUESTION # 345

If you are palpating the anterior surface of the lateral side of the distal forearm, what pulse are you checking?

- A. Radial
- B. Ulnar
- C. Humeral
- D. Brachial

Answer: A

NEW QUESTION # 346

Cardiovascular adaptations to chronic endurance training include a(n) _____ at a given fixed submaximal exercise intensity.

- A. decrease in stroke volume and heart rate
- B. increase in stroke volume and a decrease in heart rate
- C. decrease in stroke volume and increase in heart rate
- D. increase in stroke volume and heart rate

Answer: B

Explanation:

Section: Volume C

NEW QUESTION # 347

What cardiovascular adaptations occur as a result of chronic aerobic exercise in a previously sedentary individual?

- Answer: D**

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