

Valid ACSM Actual Tests—High-quality Latest 010-111 Exam Labs

**ACSM Certified Exercise Physiologist Exam.
434 Questions and Correct Answers, With
Complete Solution. (Actual Exam Questions
Included) Updated 2024/2025.**

Symptoms of hypoglycemia

tachycardia, excessive sweating (diaphoresis), light-headedness, visual disturbances

Physical Activity

Any bodily movement produced by contracting skeletal muscles, with an increase in energy expenditure.

Exercise

Planned, purposeful, repetitive

Physical Fitness

Attributes or characteristics that individuals have achieved that related to their ability to perform physical activity

3 metabolic pathways the body uses to creates ATP

1. Creatine Phosphate
2. anaerobic glycolysis
3. Oxidative system

Claudication

pain in the leg is induced by exercise, usually because of an artery obstruction.

Creatine Phosphate system

Small amounts of CP are stored within each cell. Simple one-to-one trade off that allows for the rapid production of ATP. ONLY for use during short bouts of exercise, less than 10 seconds.

Anaerobic glycolysis

No oxygen required. Next most immediate energy source. break down carbs (glucose or glycogen) into pyruvate. Used during medium-duration exercise. no more than about 90 seconds.

Aerobic glycolysis (oxidative system)

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ACSM Certified Personal Trainer Certification Preparation Course

This course is created by Trent Cayot, a renowned Ph.D. and ACSM-EP certification holder. It is one of the most convenient and detailed study options for the ACSM 010-111 exam. Through this course, candidates will build a good understanding of the tested concepts using specific formats of learning. In general, the course content is organized in 6 major modules as highlighted below:

- Personal Training: The Scope, Role, and Growth of the Profession
- Introduction to Program Design
- Exercise Testing Overview
- Personal Training Terminology, Applied Anatomy, and Basic Biomechanics

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.

To be eligible to take the ACSM 010-111 certification exam, candidates must meet certain requirements. These requirements include a high school diploma or equivalent, CPR certification, and completion of a training program that covers the knowledge and skills needed to be a personal trainer. Candidates must also be at least 18 years old and have a valid government-issued ID.

>> 010-111 Actual Tests <<

Quiz ACSM - Efficient 010-111 Actual Tests

As you can find that there are three versions of our 010-111 exam questions: the PDF, Software and APP online. Among them, the Software version has the function to stimulate the exam which can help the learners be adjusted to the atmosphere, pace and environment of the Real 010-111 Exam. So our Software version of our 010-111 learning guide can help you learn the study materials and prepare for the test better if you already know all the information about the real exam.

ACSM Certified Personal Trainer Sample Questions (Q67-Q72):

NEW QUESTION # 67

Case study: After demonstrating a variety of weight training exercises to a new client, you ask if she has any questions. The client does not have any questions even though you observe her performing an exercise with improper form. After re-teaching the exercise, you should then reframe your questions to be more specific in order to

- A. demonstrate your knowledge
- B. check for understanding
- C. demonstrate their mistake
- D. check for safety

Answer: B

Explanation:

Section: Volume B

NEW QUESTION # 68

Mr. Smith wishes to enroll in your exercise program. Preliminary evaluation revealed the following information:

Age = 50 years Resting heart rate = 78 beats/min

Weight = 198 lb (90 kg) Resting blood pressure = 162/94 mmHg

Height = 70 inches (178 cm) Body fat = 30%

Blood chemistry:

Total cholesterol = 240 mg/dl (6.21 mmol/L)

HDL cholesterol = 34 mg/dl (0.88 mmol/L)

Triglycerides = 180 mg/dl (2.03 mmol/L)

Glucose = 98 mg/dl (5.55 mmol/L)

Family history and current habits:

Father died of heart attack at 90 years of age

Hypertensive mother died at age 84

Smokes a pipe after dinner each evening

Smokes cigarettes (25-30 per day)

Reports too much work and is struggling to meet deadlines

Currently doing moderate exercise

No medications at present

According to ACSM stratification guidelines, Mr. Smith has which of the following coronary artery disease risk factors?

- A. Smoking, high total cholesterol, aggressive type A personality.
- B. Smoking, probable diabetes, high blood pressure.

- C. Hypertension, high total cholesterol, smoking
- D. Hypertension, obesity, high total cholesterol:HDL ratio.

Answer: C

Explanation:

Section: Volume B

NEW QUESTION # 69

In order to lose 1.5 pounds per week with diet alone, one would have to reduce his/her daily caloric intake per day by _____ kilocalories.

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

Answer: A

NEW QUESTION # 70

Following a 12 week aerobic conditioning program, an individual running at a submaximal workload would be expected to have a(n) _____ circulating blood lactate level as compared to the value obtained at that same absolute workload prior to the conditioning program.

- A. equivalent
- B. substantially higher
- C. somewhat lower
- D. somewhat higher

Answer: C

NEW QUESTION # 71

What is the term used to describe the body's ability to utilize oxygen during exercise?

- A. Lactate threshold
- B. Anaerobic threshold
- C. Oxygen consumption
- D. Anaerobic capacity

Answer: C

NEW QUESTION # 72

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