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Vendor:ACSM

Exam Code:010-111

Exam Name:ACSM Certified Personal Trainer

Version:Demo

QUESTION 1

Which statement is not an American College of Sports Medicine guideline for aerobic exercise and the older adult?

- A. Moderate intensity exercise on most days of the week.
- B. Exercise must be vigorous and continuous to be beneficial.
- C. Intensity guidelines established for younger people generally applies.
- D. Initially increase exercise duration rather than intensity.

Correct Answer: B

QUESTION 2

What is the formula to determine 60% of heart rate reserve?

- A. $220 - \text{age} \times 60\%$
- B. Maximum heart rate $\times 60\%$
- C. Maximum heart rate - resting heart rate $\times 60\%$
- D. Maximum heart rate - resting heart rate $\times 60\% +$ resting heart rate

Correct Answer: D

QUESTION 3

When doing a push-up on the floor, the motion at the elbow joint during the down phase is called _____ and the type of muscle action is called _____.

- A. extension, eccentric
- B. flexion, eccentric
- C. flexion, concentric
- D. extension, concentric

Correct Answer: B

QUESTION 4

What factors should be taken into account when determining appropriate exercise test and mode?

- A. Age, health history, lifestyle

- B. Age, health history, gender
- C. Health history, lifestyle, occupation
- D. Health history, gender, lifestyle

Correct Answer: A

QUESTION 5

For the comparison of body mass index (BMI) and plethysmography body composition assessment techniques, which of the following statements is correct?

- A. Plethysmography is inferior to BMI because of the difficulties associated with determination of lung volume.
- B. BMI is inferior to plethysmography because it does not account for lean/fat mass in its calculation.
- C. Plethysmography is superior to BMI because it accounts for the hydration state of the client.
- D. BMI is superior to plethysmography because its standard error of estimate for predicting percent body fat is usually lower.

Correct Answer: B

QUESTION 6

Proper spotting technique for the forward step lunge when using a barbell involves positioning yourself _____.

- A. behind the client, placing your hands on their waist if balance starts to become compromised
- B. behind the client, placing your hands on the bar if balance starts to become compromised
- C. in front of the client, placing your hands on their waist before the client begins the exercise
- D. in front of the client, placing your hands on the bar before the client begins the exercise

Correct Answer: A

QUESTION 7

Which of the following theories addresses the human need to explain why things happen in an attempt to gain control or increase predictability?

- A. Motivation
- B. Attribution
- C. Transfer
- D. Retention

Correct Answer: B

QUESTION 8

Your client reports that she drank a 20 oz. (590 mL) cup of coffee 20 minutes prior to her exercise session. How might this affect her heart rate and blood pressure responses?

- A. Decrease blood pressure and increase heart rate.
- B. Increase blood pressure and decrease heart rate.
- C. Increase blood pressure and increase heart rate.
- D. Decrease blood pressure and decrease heart rate.

Correct Answer: C

QUESTION 9

Which of the following statements about dehydroepiandrosterone (DHEA) is correct?

- A. The body does not produce DHEA.
- B. DHEA has been shown to improve body composition and physical performance in most elderly men and women.
- C. The U.S. Food and Drug Administration has classified DHEA as a controlled drug.
- D. DHEA has no potential influence on testosterone production by both men and women.

Correct Answer: C

QUESTION 10

Which of the following screening mechanisms would best optimize safety during exercise testing and aid in the development of a safe and effective exercise prescription?

- A. Postural analysis and bone density screening
- B. Health history screening to determine risk stratification
- C. PAR-Q form and prudent goal setting
- D. Health history screening to identify metabolic syndrome

Correct Answer: B

QUESTION 11

One of your corporate wellness clients is normally consistent in attending appointments. Lately, he has been missing

sessions. What strategy would not be the most appropriate way to demonstrate social support to encourage his adherence?

- A. Contact his company Human Resources department with an attendance report.
- B. Send an e-mail reminding him of future appointments.
- C. Call the client expressing your concern.
- D. Encourage the client to find a workout partner to improve future adherence.

Correct Answer: A

QUESTION 12

Which is not true regarding a properly administered informed consent?

- A. It provides an explanation of all procedures to be performed.
- B. It releases the facility and personnel from liability.
- C. It provides an opportunity for inquiries.
- D. It encourages and implies confidentiality.

Correct Answer: B