

010-111^{Q&As}

ACSM Certified Personal Trainer

Pass ACSM 010-111 Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.pass2lead.com/010-111.html>

100% Passing Guarantee
100% Money Back Assurance

Following Questions and Answers are all new published by ACSM
Official Exam Center

-  **Instant Download** After Purchase
-  **100% Money Back** Guarantee
-  **365 Days** Free Update
-  **800,000+** Satisfied Customers



QUESTION 1

Which person would most likely experience intrinsic reinforcement?

- A. Jane, age 30, who commenced her exercise program 2 weeks ago.
- B. Pete, age 27, who started his resistance training regimen to increase muscle mass one month ago.
- C. Alexis, age 49, who has been swimming for 6-months three times a week, to increase her cardiovascular endurance.
- D. Anna, age 54, who has a weight loss goal and has been walking three times a week for a month.

Correct Answer: C

QUESTION 2

Which muscle is a major agonist for hip abduction?

- A. Sartorius
- B. Gracilis
- C. Rectus femoris
- D. Gluteus maximus

Correct Answer: A

QUESTION 3

Individuals participating in a non-medically based supervised weight loss program should reduce their caloric intake by _____ kilocalories per day, and reduce their dietary fat intake to less than _____ percent of their total caloric intake.

- A. 500 to 1000 kilocalories; 30%
- B. 1250 to 1500 kilocalories; 35%
- C. 1500 to 1750 kilocalories; 30%
- D. 2000 to 2200 kilocalories; 40%

Correct Answer: A

QUESTION 4

Which body fat distribution pattern is most commonly associated with an increased risk of metabolic disease?

- A. Gynoid

- B. Android
- C. Ectomorph
- D. Mesomorph

Correct Answer: B

QUESTION 5

Which of the following is the term used for a training regimen that begins with rapid eccentric muscle action followed by concentric action of the same muscle?

- A. Proprioceptive Neuromuscular Facilitation
- B. Plyometrics
- C. Dynamic Activity Preparation
- D. Progression

Correct Answer: B

[010-111 PDF Dumps](#)

[010-111 VCE Dumps](#)

[010-111 Exam Questions](#)