

# 010-111<sup>Q&As</sup>

ACSM Certified Personal Trainer

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**QUESTION 1**

What behavioral strategy are you employing when you plan an outdoor exercise program for your client during his upcoming three-week vacation?

- A. Decisional balance
- B. Stimulus control
- C. Relapse prevention
- D. Self-monitoring

Correct Answer: C

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**QUESTION 2**

What is the correct order of an effective program planning model?

- A. Needs assessment, program implementation, program planning, program evaluation
- B. Program assessment, needs planning, program implementation, program evaluation
- C. Program assessment, program planning, program implementation, program evaluation
- D. Needs assessment, program planning, program implementation, program evaluation

Correct Answer: D

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**QUESTION 3**

Procuring general liability insurance and \_\_\_\_\_ provides legal protection for a personal trainer who has been accused of negligence.

- A. professional liability insurance
- B. third party insurance
- C. worker's compensation
- D. employment practices liability insurance

Correct Answer: A

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**QUESTION 4**

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

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#### QUESTION 5

Stimulus control as a behavioral strategy to enhance exercise adherence can best be described as:

- A. utilizing environmental cues to remind participants to maintain their commitment to exercise.
- B. establishing realistic expectations and avoiding overly pessimistic or optimistic expectations.
- C. developing a behavioral contract, signed by the participant that formalizes their commitment to exercise.
- D. orienting participants to the advantages and disadvantages of exercise.

Correct Answer: A

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