

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

As the percentage of 1 RM (Repetition Maximum) resistance increases:

- A. the amount of rest you should allow between training days should increase.
- B. the number of sets performed should increase.
- C. the number of repetitions until fatigue decreases.
- D. the amount of rest you should allow between sets should decrease.

Correct Answer: C

QUESTION 2

Which of the following is the correct sequence of events when starting the process for exercise prescription for a new client?

- A. Obtain a medical history, have the client perform a risk factor assessment, interpret the data, prescribe exercise, give lifestyle counseling.
- B. Obtain a medical history, have the client perform a risk factor assessment, administer fitness tests, interpret the data, prescribe exercise.
- C. Have the client perform a risk factor assessment, obtain a medical history, administer fitness tests, prescribe exercise and interpret the data.
- D. Have the client perform a fitness assessment, obtain a medical history, give lifestyle counseling, interpret the data, prescribe exercise.

Correct Answer: B

QUESTION 3

What is the definition of arteriosclerosis?

- A. Death of cardiac tissue
- B. Accumulation of plaque
- C. Hardening of the arteries
- D. Widening of the arteries

Correct Answer: C

QUESTION 4

What are the FITT Factors?

- A. Frequency, injury, time, type
- B. Frequency, intensity, total, type
- C. Form, intensity, time, type
- D. Frequency, intensity, time, type

Correct Answer: D

QUESTION 5

What method of resistance training has the greatest potential for improving cardiorespiratory endurance?

- A. Circuit training
- B. Olympic lifting
- C. Split routine training with free weights
- D. Isokinetic exercise

Correct Answer: A

[Latest 010-111 Dumps](#)

[010-111 VCE Dumps](#)

[010-111 Exam Questions](#)