

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

ACSM Certified Personal Trainer

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**QUESTION 1**

What resistance training method is described by a light to heavy or heavy to light progression of sets?

- A. Pyramid
- B. Superset
- C. Negative set
- D. Volume training

Correct Answer: A

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**QUESTION 2**

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 3**

According to ACSM guidelines, a \_\_\_\_\_ client who is beginning a/n \_\_\_\_\_ is recommended to obtain a medical examination and graded exercise test.

- A. 24 year old, sedentary male; moderate-intensity walking program
- B. 62 year old, sedentary and overweight male; moderate-intensity biking program
- C. 20 year old female who smokes one pack of cigarettes per day; eight week resistance training class
- D. 46 year old female, newly diagnosed with type 2 diabetes; cycling class

Correct Answer: D

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**QUESTION 4**

Which business model can be described as a formal business entity subject to laws, regulations, and the demands of stock holders?

- A. Corporation
- B. Partnership
- C. Sole proprietorship
- D. Independant contractor

Correct Answer: A

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**QUESTION 5**

What is the correct path of blood flow through the chambers of the heart?

- A. Left ventricle; left atrium; right atrium; right ventricle.
- B. Right ventricle; right atrium; left atrium; left ventricle.
- C. Left atrium; right atrium; left ventricle; right ventricle.
- D. Right atrium; right ventricle; left atrium; left ventricle.

Correct Answer: D

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**QUESTION 6**

Older adults may have difficulty performing activities of daily living due to \_\_\_\_\_.

- A. decreased joint mobility
- B. increased percent of type I muscle fibers
- C. decreased maximal heart rate
- D. increased muscle elasticity

Correct Answer: A

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**QUESTION 7**

Overtraining symptoms may include \_\_\_\_\_.

- A. decreased neuromuscular strength
- B. increased body weight
- C. reduced submaximal heart rates
- D. decreased creatine kinase levels in the skeletal muscle

Correct Answer: A

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**QUESTION 8**

Which structure is responsible for maintaining atrio-ventricular valve closure in the heart?

- A. Purkinje Fibers
- B. Foramen Ovale
- C. Papillary muscle
- D. Cardiac myocyte

Correct Answer: C

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**QUESTION 9**

What is a warning sign of anorexia nervosa?

- A. Eating when depressed
- B. Preferring to eat in isolation
- C. Visits to the bathroom following meals
- D. Frequent gains and losses in body weight

Correct Answer: B

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**QUESTION 10**

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

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**QUESTION 11**

What muscle action will most likely induce delayed onset muscle soreness?

- A. Concentric

- B. Eccentric
- C. Isometric
- D. Isotonic

Correct Answer: B

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**QUESTION 12**

Of the nine possible skinfold sites, which three sites are measured on a diagonal fold?

- A. Chest, subscapular, medial calf
- B. Midaxillary, suprailiac, chest
- C. Chest, subscapular, suprailiac
- D. Midaxillary, subscapular, suprailiac

Correct Answer: C

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**QUESTION 13**

The stroke volume of a client who has a cardiac output of 5 liters per minute and a heart rate of 70 beats per minute is approximately \_\_\_\_\_.

- A. 70 L
- B. 350 L
- C. 70 mL
- D. 350 mL

Correct Answer: C

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**QUESTION 14**

Which of the following structures are important to anterior/posterior postural observation and analysis?

- A. Vertebral column for scoliosis and scapula for balance
- B. Glenohumeral joint for balance and elbow/wrist for alignment
- C. Vertebral column for balance and elbow/wrist for rotation
- D. Glenohumeral joint for rotation and scapula for balance

Correct Answer: A

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**QUESTION 15**

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

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