



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

ACSM Certified Personal Trainer

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### QUESTION 1

Which blood lipid is influenced more by physical activity than by nutrition modification?

- A. LDL
- B. HDL
- C. VLDL
- D. Total cholesterol

Correct Answer: B

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### QUESTION 2

Case study: A new client who has been resistance training for 6 months, comes to you with a goal of increasing muscular size. Following health appraisal and fitness testing including a modified 1 RM test, you design a program to meet the client's goal. Which of the following regimens best defines an appropriate plan to achieve this client's goal?

- A. 4-6 sets of 6-12 repetitions at 85% 1 RM
- B. 1-3 sets of 10-15 repetitions at 75% 1 RM
- C. 4-6 sets of 10-15 repetitions at 60% 1 RM
- D. 1-3 sets of 6-12 repetitions at 60% 1 RM

Correct Answer: A

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### QUESTION 3

Your client is 5' 3" tall and weighs 130 pounds. After calculating her BMI, you have determined that she falls in which of the following weight status categories?

- A. Underweight
- B. Normal
- C. Overweight
- D. Obese

Correct Answer: B

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### QUESTION 4

Which of the following factors affect intensity of lower body plyometric drills?



- A. speed, height of the drill, and body weight
- B. speed, range of motion, and reaction time
- C. strength of the athlete, points of contact, and flexibility
- D. strength of the athlete, height of the drill, and reaction time

Correct Answer: A

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#### QUESTION 5

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

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