



010-111^{Q&As}

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**QUESTION 1**

When reading the label on a new "energy" bar, you notice that the bar is "sweetened with fructose". Based on this label, which of the following conclusions can you make about this product?

- A. The bar is sweetened with a disaccharide.
- B. Fructose in this bar would give it a high glycemic index.
- C. The bar is sweetened with a monosaccharide.
- D. Fructose is a type of organic micronutrient.

Correct Answer: C

QUESTION 2

What is a result of resistance training in adolescents?

- A. It promotes muscular strength.
- B. It increases muscular bulk.
- C. It increases the risk of osteoporosis.
- D. It causes permanent musculoskeletal damage.

Correct Answer: A

QUESTION 3

Which is true about energy content of the macronutrients?

- A. fat = 9 kcal/gram, carbohydrate = 7 kcal/gram, water = 0 kcal/gram
- B. carbohydrate = 7 kcal/gram, protein = 4 kcal/gram, alcohol = 7 kcal/gram
- C. water = 0 kcal/gram, protein = 4 kcal/gram, alcohol = 7 kcal/gram
- D. protein = 9 kcal/gram, fat = 4 kcal/gram, carbohydrate = 4 kcal/gram

Correct Answer: C

QUESTION 4

For the comparison of body mass index (BMI) and plethysmography body composition assessment techniques, which of the following statements is correct?

- A. Plethysmography is inferior to BMI because of the difficulties associated with determination of lung volume.



- B. BMI is inferior to plethysmography because it does not account for lean/fat mass in its calculation.
- C. Plethysmography is superior to BMI because it accounts for the hydration state of the client.
- D. BMI is superior to plethysmography because its standard error of estimate for predicting percent body fat is usually lower.

Correct Answer: B

QUESTION 5

Your client has discovered she is pregnant through a home pregnancy test. She wants to continue to exercise during her pregnancy and is seeking your help. What is the best recommendation?

- A. Encourage her to continue with her current exercise program with minimal modification until the second trimester.
- B. Decrease the work volume for each workout session.
- C. Encourage her to consult with her physician for any possible limitations.
- D. Encourage her to continue exercising at 50% of her age-predicted maximal heart rate.

Correct Answer: C

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