



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

ACSM Certified Personal Trainer

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### QUESTION 1

What resistance training method is being used when the client is performing a set of bicep curls immediately followed by triceps pushdowns?

- A. Pyramid
- B. Supersets
- C. Plyometrics
- D. Split routine

Correct Answer: B

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### QUESTION 2

What are three non-modifiable conditions that place someone at increased risk for the development of coronary artery disease?

- A. Gender, family history, dyslipidemia
- B. Family history, obesity, diabetes mellitus
- C. Advanced age, gender, family history
- D. Post-menopausal status, excessive alcohol consumption, advanced age

Correct Answer: C

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### QUESTION 3

Which component should be the primary focus of the mission statement for a personal training business?

- A. Business ideals
- B. Proposed budget
- C. Annual strategic goals
- D. Operating principles

Correct Answer: A

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### QUESTION 4

Which muscles are used to flex the knee joint?

- A. Hamstrings, Gastrocnemius, and Soleus



- B. Hamstrings, Gracilis, and Sartorius
- C. Rectus femoris, Vastus Lateralis, and Vastus Medialis
- D. Biceps Femoris, Vastus Lateralis, and Sartorius

Correct Answer: B

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#### QUESTION 5

Which of the following statements about dehydroepiandrosterone (DHEA) is correct?

- A. The body does not produce DHEA.
- B. DHEA has been shown to improve body composition and physical performance in most elderly men and women.
- C. The U.S. Food and Drug Administration has classified DHEA as a controlled drug.
- D. DHEA has no potential influence on testosterone production by both men and women.

Correct Answer: C

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