



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

ACSM Certified Personal Trainer

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### QUESTION 1

A 45 year old male weighs 202 lb (92 kg). Skinfold analysis indicates 24% of his weight is fat. If he wants to decrease his body fat to 17%, what is his target body weight, assuming he maintains the same lean body mass?

- A. 168 lb (76 kg)
- B. 178 lb (81 kg)
- C. 185 lb (84 kg)
- D. 195 lb (89 kg)

Correct Answer: C

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### QUESTION 2

What is the predominant factor causing increases in strength during the initial weeks of training?

- A. Changes in whole muscle cross-sectional area
- B. Increases in overall limb circumference
- C. Improvements in neuromuscular adaptation
- D. Increases in muscle-fiber cross-sectional area

Correct Answer: C

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### QUESTION 3

General guidelines to follow when prescribing resistance training exercise to the client with arthritis include which of the following?

- A. regimens with a frequency of 2-3 days per week
- B. intensities that never exceed body weight
- C. regimens with a frequency of no more than once per week
- D. machine (as opposed to free weight) modes only

Correct Answer: A

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### QUESTION 4

The ACSM recommended exercise prescription for developing and maintaining muscular strength and endurance for health and fitness includes a minimum of:



- A. 1 set of 8-12 repetitions using 8-10 exercises that train the major muscle groups of the upper and lower body.
- B. 2-3 sets of 10-15 repetitions using 80% of the 1 repetition maximum (RM) for exercises that train the major muscle groups of the upper and lower body.
- C. 2-3 sets of 8-12 repetitions alternating days between upper and lower body exercises.
- D. 1-2 sets of 8-15 repetitions using 50-85% of the 1 repetition maximum (RM) for exercises that train the major muscle groups of the upper and lower body.

Correct Answer: A

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#### QUESTION 5

What motivational strategy is used to help an individual reframe negative statements into positive statements?

- A. Goal setting
- B. Social reinforcement
- C. Self-monitoring
- D. Cognitive restructuring

Correct Answer: D

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