



010-111^{Q&As}

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QUESTION 1

Which statement is true regarding exercise for the prepubescent child?

- A. Children are less tolerant of heat because of a higher threshold for sweating.
- B. Since children are anatomically immature, they should not participate in any form of resistance training exercise.
- C. Due to the lack of development of the epiphyseal growth plates, children should not participate in any form of endurance training.
- D. Children should perform at a low level of exertion only.

Correct Answer: A

QUESTION 2

Which of the following is a potential danger of long-term consumption of a high-protein diet?

- A. Zinc becomes less absorbable
- B. Calcium is drawn from the bones and excreted in the urine
- C. Iron levels drop causing anemia
- D. Sodium is lost in the sweat causing hyponatremia

Correct Answer: B

QUESTION 3

Mr. Smith wishes to enroll in your exercise program. Preliminary evaluation revealed the following information:

Age = 50 years Resting heart rate = 78 beats/min

Weight = 198 lb (90 kg) Resting blood pressure = 162/94 mm Hg Height = 70 inches (178 cm) Body fat = 30%

Blood chemistry:

Total cholesterol = 240 mg/dl (6.21 mmol/L)

HDL cholesterol = 34 mg/dl (0.88 mmol/L)

Triglycerides = 180 mg/dl (2.03 mmol/L)

Glucose = 98 mg/dl (5.55 mmol/L)



Family history and current habits:

Father died of heart attack at 90 years of age

Hypertensive mother died at age 84

Smokes a pipe after dinner each evening

Smokes cigarettes (25-30 per day)

Reports too much work and is struggling to meet deadlines Currently doing moderate exercise No medications at present

According to ACSM stratification guidelines, Mr. Smith has which of the following coronary artery disease risk factors?

- A. Hypertension, obesity, high total cholesterol:HDL ratio.
- B. Smoking, probable diabetes, high blood pressure.
- C. Smoking, high total cholesterol, aggressive type A personality.
- D. Hypertension, high total cholesterol, smoking.

Correct Answer: D

QUESTION 4

Which body fat distribution pattern is most commonly associated with an increased risk of metabolic disease?

- A. Gynoid
- B. Android
- C. Ectomorph
- D. Mesomorph

Correct Answer: B

QUESTION 5

Information about the personal habits of a client including alcohol, caffeine, and tobacco consumption is typically included in what document?

- A. Blood profile analysis
- B. Physical Activity Readiness Questionnaire
- C. Medical history



D. Informed consent

Correct Answer: C

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