



010-111^{Q&As}

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**QUESTION 1**

What is the purpose of the Borg Scale of Perceived Exertion?

- A. To estimate oxygen consumption during exercise.
- B. To estimate the level of fatigue during exercise.
- C. To estimate systolic and diastolic blood pressure during exercise.
- D. To estimate subject's immediate intrinsic motivation during exercise.

Correct Answer: B

QUESTION 2

Which principle of training best describes a previously active client, who has been ill and bed-ridden for a prolonged period of time?

- A. Overload
- B. Specificity
- C. Reversibility
- D. Progression

Correct Answer: C

QUESTION 3

According to the self-determination theory, a personal trainer would be most effective in helping a new client engage in an exercise regimen by _____.

- A. instructing him/her to walk/jog 3 days per week for 20-30 minutes at his/her training heart rate
- B. instructing him/her to bicycle 5 miles to work and back 5 days per week at a moderate pace
- C. encouraging him/her to take a 45 minute step-aerobics class 3 days per week in a supportive group environment
- D. encouraging him/her to choose a favorite mode of exercise in a supportive group environment that meets regularly

Correct Answer: D

QUESTION 4

Under which of the following circumstances would you expect to see the highest rise in blood lactate?

- A. During maximal exercise lasting between 60 and 180 seconds in the untrained client



- B. Prior to treadmill walking in the cardiac patient
- C. During maximal exercise lasting between 60 and 180 seconds in the athlete
- D. After moderate intensity cycling exercise in the client with Type 2 diabetes

Correct Answer: C

QUESTION 5

Which joint has the greatest range of motion and involves the greatest number of movements?

- A. Knee
- B. Shoulder
- C. Hip
- D. Ankle

Correct Answer: B

QUESTION 6

When should a client exhale during performance of a bench press?

- A. Only after the movement ends.
- B. Immediately before the movement begins.
- C. During the eccentric phase of the movement.
- D. During the concentric phase of the movement.

Correct Answer: D

QUESTION 7

A dietary protein is considered "complete" when it _____.

- A. contains all nonessential amino acids
- B. is plant based
- C. contains all essential amino acids
- D. contains at least one branched-chain amino acid

Correct Answer: C

**QUESTION 8**

According to the current (2005) Dietary Guidelines for Americans:

- A. people over the age of 50 better absorb vitamin B12 in comparison to children and other adults
- B. non-heme (plant) sources of iron are richer than heme (animal) sources of iron for women of childbearing age
- C. women of child-bearing age who may become pregnant require a higher daily intake of folic acid than the pregnant female
- D. the elderly and individuals with dark skin are at greater risk of low vitamin D concentrations than other populations

Correct Answer: D

QUESTION 9

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 10

What is the recommendation for daily physical activity for youth?

- A. 30 minutes at low intensity and 30 minutes at moderate intensity
- B. 60 minutes at 40-59% HRR
- C. 30 minutes at moderate intensity and 30 minutes at vigorous intensity
- D. 60 minutes at low intensity

Correct Answer: C

QUESTION 11

Which of the following exercises is contraindicated by the American College of Sports Medicine?

- A. Pelvic tilt
- B. Trunk extensions



C. Seated hip/trunk flexion

D. Unsupported hip/trunk flexion

Correct Answer: D

QUESTION 12

As the percentage of 1 RM (Repetition Maximum) resistance increases _____.

A. the amount of rest between training days should increase

B. the number of sets performed should increase

C. the number of repetitions until fatigue decreases

D. the amount of rest between sets should decrease

Correct Answer: C

QUESTION 13

A 35 year old male client has a goal of completing a sprint distance triathlon. The Certified Personal Trainer prescribes an exercise regimen of swimming 2 days per week, running 3 days per week, and bicycling 2 days per week. What training principle is being used?

A. Reversibility

B. Overload

C. Progression

D. Specificity

Correct Answer: D

QUESTION 14

What is the minimum duration of an moderate intensity intermittent bout of aerobic activity to promote and maintain health?

A. 10 minutes

B. 15 minutes

C. 20 minutes

D. 30 minutes

Correct Answer: A



QUESTION 15

In what plane does the lower leg move during the seated knee extension?

- A. Sagittal
- B. Frontal
- C. Transverse
- D. Median

Correct Answer: A

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