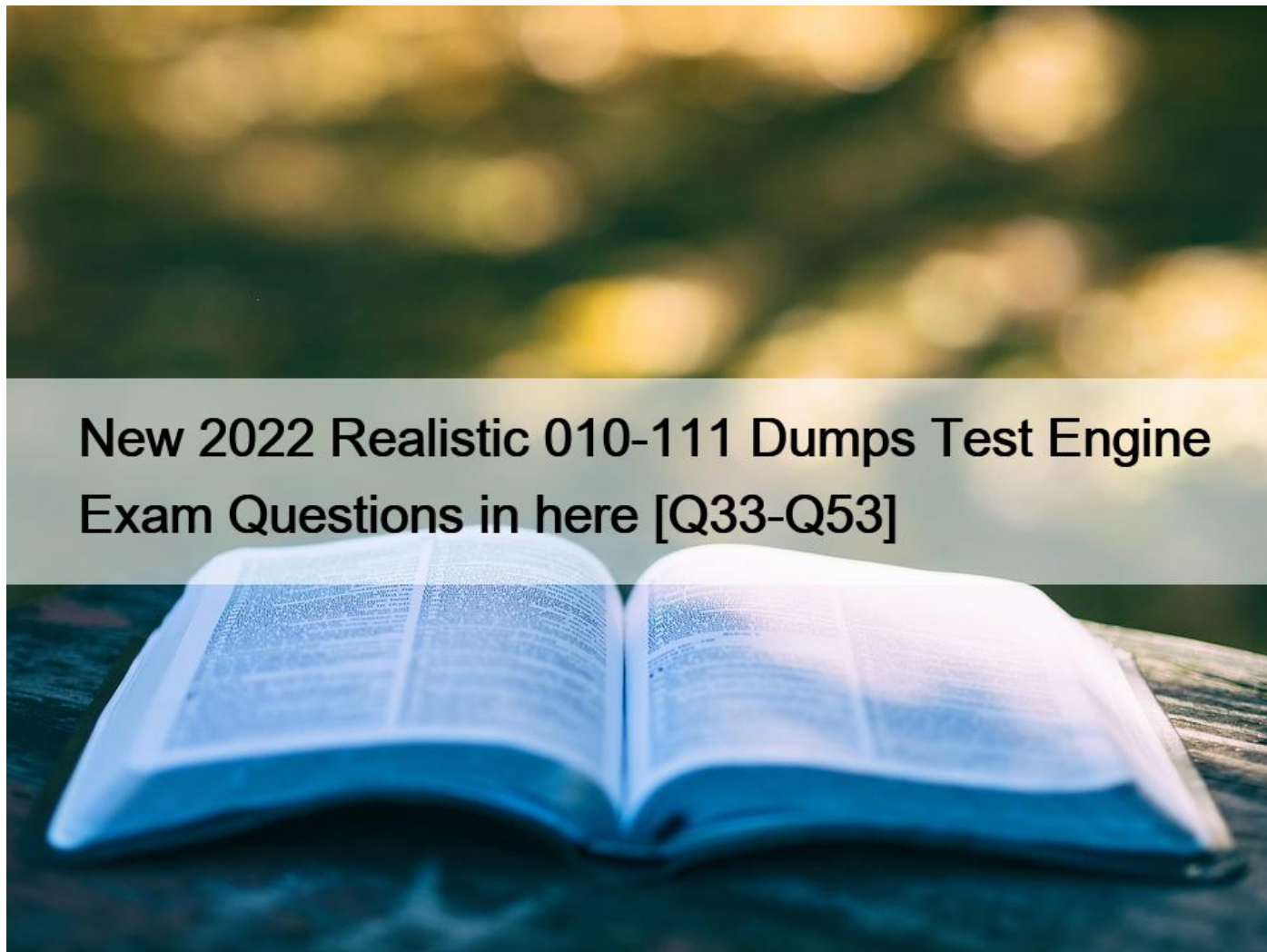


## New 2022 Realistic 010-111 Dumps Test Engine Exam Questions in here [Q33-Q53]



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**Revision Books ACSM's Resources for the Personal Trainer** This material is prepared by the American College of Sports Medicine to help students pass the ACSM 010-111 exam. It is a 5th edition of the book and thus includes all the up-to-date concepts, guidelines, and theories one should be aware of. It acts as the most valuable tool for anyone whos' involved in health and fitness as part of the ACSM. The latest edition recognizes personal training as an essential part of society that helps to improve the quality of life through engaging exercises. This book is divided into 6 unique sections, starting with an introduction to running a personal fitness business to anatomy, exercise physiology, biomechanics, nutrition and behavior modification, strength and flexibility, the development of resistance and cardiorespiratory training programs. Following the science-based approach that is predominant throughout this book, the professional trainers will find it easy to transfer the skills they learn here into actual activity. This book is available on the ACSM official website. **Ignite the Fire: The Secrets to Building a Successful Personal Training Career** This book will not just supplement your studies for 010-111 exam but will also help you start a career more effectively as it provides a detailed insight into the industry of personal training. It is written by Jonathan Goodman and involves a great overview of a clear

and concise roadmap to launching your professional path in this field, building a lasting reputation, and achieving your income goals. The edition reflects everything you may need to know about a personal training journey and is available in audio and eBook formats. By going through this material, you will understand how to find and interest your ideal client, create workouts, deal with different people from fitness beginners to difficult clients, and how to multiply income streams.

**NO.33** Which of the following statements about dehydroepiandrosterone (DHEA) is correct?

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

**NO.34** Which of the following physiological changes does NOT occur when a client improves aerobic capacity?

- \* The muscles will be able to extract more oxygen from the blood.
- \* Total lung volume will increase in proportion to the total accumulated time of high-intensity exercise.
- \* The oxygen carrying capacity of the blood will increase.
- \* The amount of air the lungs can take in will increase because of increases in the rate and depth of breathing.

**NO.35** A 57 year old sedentary female client who has a blood pressure of 150/70 mm Hg and a total serum cholesterol of 240 mg/dL (6.2 mmol/L) desires to begin a vigorous intensity exercise program. How should the personal trainer advise the client?

- \* Begin a low intensity exercise program until medical clearance is obtained.
- \* Have a maximal graded exercise test completed prior to seeing their physician.
- \* Have a sub-maximal graded exercise test up to 85% of predicted heart rate maximum performed by the trainer prior to beginning the exercise program.
- \* Begin the vigorous exercise program immediately.

Section: Volume C

**NO.36** What health-related physical fitness component is primarily emphasized in a circuit training program that has 30 stations, 60 seconds per station, at 25% of one repetition maximum?

- \* Muscular Strength
- \* Muscular Flexibility
- \* Muscular Endurance
- \* Muscular Power

**NO.37** As the intensity of dynamic exercise increases, which of the following sets of responses occurs?

- \* Heart rate, systolic blood pressure, and diastolic blood pressure increase.
- \* Heart rate and systolic blood pressure increase, diastolic pressure remains unchanged.
- \* Heart rate and systolic blood pressure increase, stroke volume and cardiac output remain the same.
- \* Stroke volume decreases, heart rate and cardiac output increase.

Section: Volume A

**NO.38** Which of the following modifiable risk factors is the most preventable cause of death in the United States today?

- \* Diabetes
- \* Hypertension
- \* Cigarette Smoking
- \* Hypercholesterolemia

**NO.39** What is the correct hand placement when spotting the dumbbell fly exercise?

- \* Close to your clients biceps without touching them.
- \* Close to the dumbbells or wrists of your client without touching them.

- \* Maintaining contact behind your clients elbows on the descent of the dumbbells.
- \* Hands held at your sides in a ready position, with your elbows flexed at a 45-degree angle.

**NO.40** Joe consumed half of the adult Recommended Dietary Allowance for carbohydrates as noted on the nutrition facts panel for persons consuming 2500 calories per day. Approximately how many grams of carbohydrates does Joe have remaining today?

- \* 55
- \* 188
- \* 375
- \* 752

Section: Volume C

**NO.41** What is the correct spotting technique of the seated barbell shoulder press?

- \* Keep hands in an alternate grip position on the bar.
- \* Wrap your arms around and underneath your client's arms.
- \* Keep hands underneath your client's elbows and assist only when necessary.
- \* Keep hands in an alternate grip position close to the bar, and assist only when necessary.

**NO.42** Why is a cool-down period important?

- \* Prevents heat stroke
- \* Helps prevent injuries
- \* Reduces brain blood flow back to normal
- \* Returns pooled blood back to central circulation

**NO.43** An individual participates regularly in his workplace fitness program because he earns a discount on his health insurance premium for doing so. For this individual, the discount is an example of \_\_\_\_\_ .

- \* Relapse prevention
- \* Intrinsic motivation
- \* Self-monitoring.
- \* Extrinsic motivation

Section: Volume B

Explanation/Reference:

**NO.44** What method of resistance training has the greatest potential for improving cardiorespiratory endurance?

- \* Circuit training
- \* Olympic lifting
- \* Split routine training with free weights
- \* Isokinetic exercise

**NO.45** If you are palpating the anterior surface of the lateral side of the distal forearm, what pulse are you checking?

- \* Humeral
- \* Ulnar
- \* Brachial
- \* Radial

**NO.46** Which of the following is characterized as a plane (uniaxial) joint?

- \* Coxal (hip)
- \* Atlantooccipital
- \* Radiocarpal (wrist)
- \* Sacroiliac

**NO.47** A Certified Personal Trainer is overheard discussing body composition information about a specific high profile client with his friends. Which law concerning the safety and security of private records has the Certified Personal Trainer violated?

- \* Health Insurance Portability and Accountability Act (HIPAA)
- \* Health and Fitness Privacy Act (HAFPA)
- \* Federal Fitness Information Privacy Act (FFIPA)
- \* Federal Accountability of Health Professionals Act (FAHPA)

**NO.48** What is the exercise response to acute cigarette smoking?

- \* Respiration rate increases; blood pressure response to exercise decreases
- \* Likelihood of coronary artery spasm increases; blood pressure response to decreases
- \* Heart rate increases; likelihood of coronary artery spasm increases
- \* Likelihood of coronary artery spasm decreases; blood pressure response to exercise increases

**NO.49** Where does ambivalence fall in the Stages of Change behavior model?

- \* Preparation
- \* Contemplation
- \* Pre-contemplation
- \* Action

**NO.50** Case Study: A female client expresses an interest in joining a recreational crew team. She hires you to train her to withstand the demands of the sport. You design a resistance training program that includes low reps, 4-6 sets of high intensity squats and seated row within a comprehensive resistance training program. You gradually increase her sets and load/intensity. In addition, you have included sprints and long distance swimming in her overall program plan. Which of the following training principles have you incorporated?

- \* specificity, reversibility and variation
- \* overload, adaptability and strength
- \* specificity, overload and variation
- \* overload, strength and specificity

**NO.51** Which of the following occurs when walking or running up an incline?

- \* Greater flexibility of the soleus
- \* Lesser force of action from the gluteus maximus
- \* Lesser force of action of the knee extensors
- \* Lesser flexibility of the plantar flexors

**NO.52** Which of the following risk factors for coronary heart disease enables you to subtract one risk factor from the total amount of positive risk factors?

- \* Body Mass Index < 30 kg/m<sup>2</sup>
- \* High serum HDL cholesterol > 60 mg/dl (1.6mmol/L)
- \* Fasting blood glucose of < 110mg/dL (6.1 mmol/L)
- \* A former cigarette smoker who stopped more than six months ago.

**NO.53** Which of the following is the most important exercise to include in an overall training plan for an apparently healthy automobile mechanic who performs daily overhead movements?

- \* Lat pulldown
- \* Upright Row
- \* Tricep extension
- \* Shoulder press

Section: Volume A

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