

# DUMPSQUEEN

## ACSM Certified Personal Trainer

ACSM 010-111

Version Demo

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## Topic Break Down

Topic	No. of Questions
Topic 1, Volume A	100
Topic 2, Volume B	101
Topic 3, Volume C	145
<b>Total</b>	<b>346</b>

## QUESTION NO: 1

When developing an exercise prescription for a client visiting a high altitude environment (over 1500 m), the personal trainer should be aware that \_\_\_\_\_.

- A. it may take about a week to fully acclimate to the altitude
- B. it may take up to two weeks to overcome decreased exercise performance
- C. submaximal heart rate would be lower during the exercise session
- D. aerobic capacity is reduced due to higher partial pressures of oxygen

**ANSWER: B**

## QUESTION NO: 2

When discussing strategies for changing physical activity habits with clients, it is usually best to:

- A. give strong and clear advice about what works based on your professional experience.
- B. assist clients to formulate their own behavior change strategies based on what has worked for them before.
- C. refer clients to a behavioral psychologist for expert advice.
- D. emphasize knowledge of the health benefits of exercise.

**ANSWER: B**

## QUESTION NO: 3

What is the fundamental unit of muscle contraction?

- A. Myofibril
- B. Sarcomere
- C. Myosin
- D. Sarcolemma

**ANSWER: B**

## QUESTION NO: 4

What is the standard site for the measurement of the subscapular skinfold?

- A. Directly over the inferior angle of the scapula.
- B. One centimeter below the inferior angle of the scapula.
- C. Five centimeters below the inferior angle of the scapula.
- D. Five centimeters to the left of the inferior angle of the scapula.

**ANSWER: B**

## QUESTION NO: 5

A client is attempting to lose 10 pounds. In order to lose 1.5 pounds per week, she will have to reduce her caloric intake per day by how many calories?

- A. 350
- B. 500
- C. 750
- D. 1000

**ANSWER: C**

## QUESTION NO: 6

What does the sit-and-reach test assess?

- A. Trunk flexion
- B. Trunk extension
- C. Shoulder extension
- D. Shoulder flexion

**ANSWER: A**

## QUESTION NO: 7

From a seated position, with dumbbells to the sides, raising the dumbbells laterally to shoulder level with elbows slightly flexed, exercises primarily the \_\_\_\_\_:

- A. bicep brachii and latissimus dorsi
- B. posterior deltoid
- C. anterior deltoid and triceps brachii
- D. middle deltoid.

**ANSWER: D**

## QUESTION NO: 8

Dumbbells, barbells, kettle bells, and medicine balls are generally considered what type of equipment?

- A. isometric resistance training equipment
- B. isokinetic resistance training equipment
- C. dynamic external resistance devices
- D. static constant external resistance devices

**ANSWER: C**

## QUESTION NO: 9

Which of the following indicates the correct order for a traditional periodization program for resistance training?

- A. hypertrophy, peaking, strength/power, recovery
- B. strength/power, peaking, recovery, hypertrophy
- C. strength/power, hypertrophy, recovery, peaking
- D. hypertrophy, strength/power, peaking, recovery

**ANSWER: D**

## QUESTION NO: 10

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)

**ANSWER: C**

## QUESTION NO: 11

During the concentric phase of a chin-up (with the forearms in a supinated grip) the glenohumeral joint is moving through \_\_\_\_\_ in the \_\_\_\_\_ plane.

- A. abduction, frontal
- B. extension, sagittal
- C. flexion, sagittal
- D. adduction, frontal

**ANSWER: B**

## QUESTION NO: 12

Stimulus control as a behavioral strategy to enhance exercise adherence can best be described as:

- A. Utilizing environmental cues to remind participants to maintain their commitment to exercise.
- B. Establishing realistic expectations and avoiding overly pessimistic or optimistic expectations.
- C. Developing a behavioral contract, signed by the participant that formalizes their commitment to exercise.
- D. Orienting participants to the advantages and disadvantages of exercise.

**ANSWER: A**

## QUESTION NO: 13

Proper spotting technique for the forward step lunge when using a barbell involves positioning yourself \_\_\_\_\_.

- A. behind the client, placing your hands on their waist if balance starts to become compromised
- B. behind the client, placing your hands on the bar if balance starts to become compromised

- C. in front of the client, placing your hands on their waist before the client begins the exercise
- D. in front of the client, placing your hands on the bar before the client begins the exercise

**ANSWER: A**

## QUESTION NO: 14

Which of the following occurs when walking or running up an incline?

- A. Greater flexibility of the soleus
- B. Lesser force of action from the gluteus maximus
- C. Lesser force of action of the knee extensors
- D. Lesser flexibility of the plantar flexors

**ANSWER: A**

## QUESTION NO: 15

Following a 12 week aerobic conditioning program, an individual running at a submaximal workload would be expected to have a(n) \_\_\_\_\_ circulating blood lactate level as compared to the value obtained at that same absolute workload prior to the conditioning program.

- A. somewhat higher
- B. somewhat lower
- C. substantially higher
- D. equivalent

**ANSWER: B**