



**Free Questions for 010-111 by certsdeals**

**Shared by Mcmillan on 06-06-2022**

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## Question 1

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**Question Type:** MultipleChoice

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Which of the following are NOT symptoms of depression?

**Options:**

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- A- Hearing voices.
- B- Change in sleep patterns.
- C- Irritability.
- D- All of the above.

**Answer:**

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A

## Question 2

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**Question Type:** MultipleChoice

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Which of the following would assist anxious people before an exercise test?

**Options:**

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- A- Ask them to sit quietly in a chair for a few minutes.
- B- Thoroughly explain the exercise test.
- C- Familiarize them with the exercise equipment by brief practice.
- D- All of the above

**Answer:**

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D

## Question 3

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**Question Type: MultipleChoice**

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The five A's of counseling are

**Options:**

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- A- Address, Assess, Act, Assist, and Arrange follow-up.
- B- Address, Assess, Advise, Assist, and Act.
- C- Address, Assess, Advise, Assist, and Arrange follow-up.
- D- Act, Assess, Advise, Assist, and Arrange follow-up.

**Answer:**

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C

## Question 4

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**Question Type: MultipleChoice**

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Which does NOT help to establish a supportive relationship?

**Options:**

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- A- Exhibit empathy.

- B-** Legitimize concerns.
- C-** Respect the person's abilities and efforts.
- D-** Address the agenda.

**Answer:**

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D

## Question 5

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**Question Type:** MultipleChoice

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If an individual is in the action stage, he or she

**Options:**

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- A-** Intends to start exercising in the next 6 months.
- B-** Participates in some exercise, but does so irregularly.
- C-** Has been physically active on a regular basis for less than 6 months.
- D-** Has been physically active on a regular basis for more than 6 months.

**Answer:**

---

C

## Question 6

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**Question Type:** MultipleChoice

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The Transtheoretical Model assumes that individuals

**Options:**

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- A-** Move through the stages of behavioral change at a steady pace.
- B-** Only progress forward through the stages.
- C-** Move back and forth along the stage continuum.
- D-** Tend to use behavioral processes during the earlier stages of change.

**Answer:**

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C

## Question 7

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**Question Type:** MultipleChoice

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The three functions of the Participant-Centered Education and Counseling Model include

### Options:

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- A- Identifying high-risk situations, developing a plan for these situations, and eliminating 'all-or-none' thinking.
- B- Information gathering, developing a helping relationship, and participant education and counseling.
- C- Exhibiting empathy, legitimizing a client's concerns, and forming a partnership.
- D- Assessing, asking questions, and establishing a supportive relationship.

### Answer:

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B

## Question 8

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**Question Type:** MultipleChoice

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Encouraging moderate-intensity activity and the accumulation of activity throughout the day are examples of

**Options:**

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- A- Relapse prevention counseling.
- B- Using the stages of change.
- C- Allowing individuality in exercise choices.
- D- Addressing the individual's agenda.

**Answer:**

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C

## Question 9

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**Question Type: MultipleChoice**

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Establishing specific expectations of what you are, willing to do as a counselor and staying focused on exercise/physical activity issues and behavioral skills related to exercise are strategies for handling which type of client?



**Options:**

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- A- A dissatisfied client.
- B- A needy client.
- C- A hostile client.
- D- A shy client.

**Answer:**

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B

## Question 10

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**Question Type:** MultipleChoice

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Referrals to other sources may be required if someone

**Options:**

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- A- Has health problems.

- B-** Reports symptoms of depression.
- C-** Has an eating disorder.
- D-** All of the above.

**Answer:**

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D

## Question 11

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**Question Type:** MultipleChoice

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Which of the following strategies can help a person to maintain his or her physical activity?

**Options:**

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- A-** Schedule check-in appointments.
- B-** Reduce barriers.
- C-** Increase benefits.
- D-** Educate regarding different types of exercise.

**E-** All of the above.

**Answer:**

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A

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