



## ACSM 010-111 Mock Exam

Shared by Thomas on 17-06-2026

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## Question 1

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Question Type: MultipleChoice

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What risk stratification category would require physician supervision during exercise testing?

Options:

- A- Low risk, submaximal testing
- B- Low risk, maximal testing
- C- Moderate risk, submaximal testing
- D- Moderate risk, maximal testing

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Answer:

D

## Question 2

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Question Type: MultipleChoice

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If your active client consumed 2100 kilocalories each day for one week and burned off 2600 kilocalories each day for that same week, how much weight would your client lose that particular week, assuming normal hydration?

Options:

- A- 0 pounds
- B- pound
- C- 1 pound
- D- 2 pounds

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Answer:

C

## Question 3

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Question Type: MultipleChoice

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"I have been thinking about starting an exercise program, but there never seems to be enough time," is an example of which stage in the Transtheoretical Model?

Options:

- A- Preparation
- B- Contemplation
- C- Precontemplation
- D- Action

Answer:

B



## Question 4

Question Type: MultipleChoice

What physical fitness component is primarily emphasized when incorporating explosive Olympic-style lifts into a resistance training program?

Options:

- A- Muscular strength
- B- Muscular hypertrophy
- C- Muscular endurance
- D- Muscular power

Answer:

D



## Question 5

Question Type: MultipleChoice

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

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**Options:**

- A- Blood profile analysis
- B- Physical Activity Readiness Questionnaire
- C- Medical history
- D- Informed consent

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**Answer:**

C

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## Question 6

Question Type: MultipleChoice

Which option best is the correct sequence of events when starting the process for exercise prescription for a new client?

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**Options:**

- A- Obtain a medical history, have the client perform a risk factor assessment, interpret the data, prescribe exercise, give lifestyle counseling.
- B- Obtain a medical history, have the client perform a risk factor assessment, administer fitness tests, interpret the data, prescribe exercise.
- C- Have the client perform a risk factor assessment, obtain a medical history, administer fitness tests, prescribe exercise and interpret the data.
- D- Have the client perform a fitness assessment, obtain a medical history, give lifestyle counseling, interpret the data, prescribe exercise.

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**Answer:**

B

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## Question 7

Question Type: MultipleChoice

If a 50 year old male checked a "yes" response on his PAR-Q, What is the next step for his certified Personal Trainer?

Options:

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- A- Administer fitness test and begin program
- B- Refer client to his physician
- C- Discuss health history and begin program
- D- Recommend a maximal stress test

Answer:

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B



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