ACSM CPT 010-111 Practice Questions

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Question 1

Question Type: MultipleChoice

Your new client is a 42 year old male who is a stock broker. His health history revealed the following: total cholesterol 185 mg/dL (4.7 mmol/L) , HDL 32 mg/dL (0.8 mmol/L), LDL 110 mg/dL (2.8 mmol/L), resting blood pressure 138/80 mm Hg, waist circumference 98 centimeters. What is his initial risk stratification?

Options:

A- Low risk
B- Moderate risk
C- High risk
D- Only a physician can determine this clients risk stratification

Answer:

A

Question 2

Question Type: MultipleChoice

What is the recommendation for daily physical activity for youth?

Options:

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

Answer:

C

Question 3

Question Type: MultipleChoice

What is the suggested order of an exercise session?

Options:

A- Stretch, warm-up, endurance phase, cool-down
B- Warm-up, endurance phase, cool-down, stretch
C- Stretch, endurance phase, warm-up, cool-down
D- Warm-up, endurance phase, stretch, cool-down

Answer:

B

Question 4

Question Type: MultipleChoice

What is the correct hand placement when spotting the dumbbell fly exercise?

Options:

A- Close to your clients biceps without touching them.
B- Close to the dumbbells or wrists of your client without touching them.
C- Maintaining contact behind your clients elbows on the descent of the dumbbells.
D- Hands held at your sides in a ready position, with your elbows flexed at a 45-degree angle.

Answer:

B

Question 5

Question Type: MultipleChoice

What is the predominant factor causing increases in strength during the initial weeks of training?

Options:

A- Changes in whole muscle cross-sectional area
B- Increases in overall limb circumference
C- Improvements in neuromuscular adaptation
D- Increases in muscle-fiber cross-sectional area

Answer:

C

Question 6

Question Type: MultipleChoice

What does it mean if a specific activity is contraindicated?

Options:

A- Perform less-intensively than normal
B- Do not perform it as often
C- Perform it slower than normal
D- Do not perform at all

Answer:

D

Question 7

Question Type: MultipleChoice

Which business model can be described as a formal business entity subject to laws, regulations, and the demands of stock holders?

Options:

A- Corporation
B- Partnership
C- Sole proprietorship
D- Independant contractor

Answer:

A

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