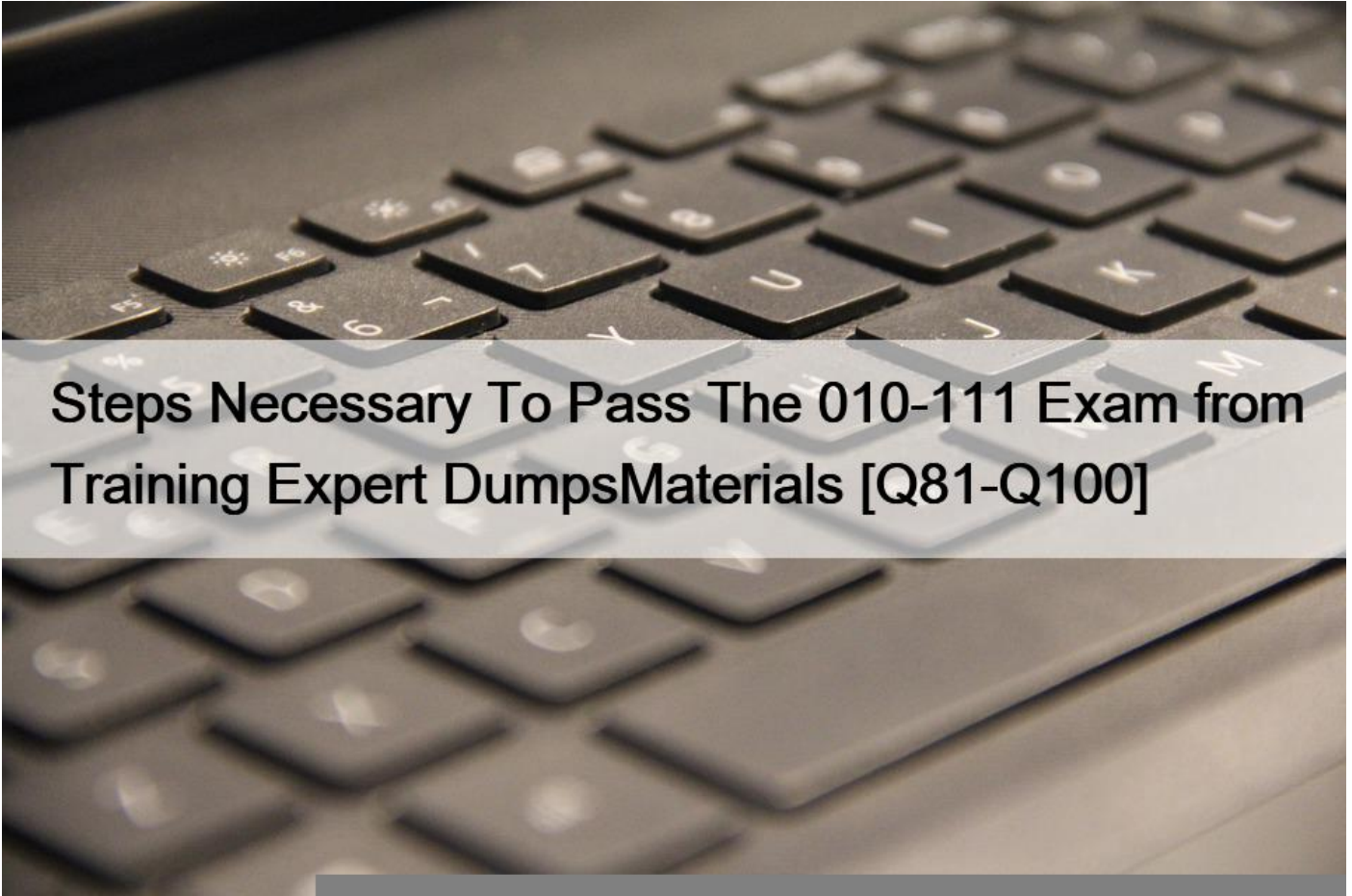


## Steps Necessary To Pass The 010-111 Exam from Training Expert DumpsMaterials [Q81-Q100]



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Valid Way To Pass ACSM-Certification's 010-111 Exam

**NO.81** As the percentage of 1 RM (Repetition Maximum) resistance increases \_\_\_\_\_.

- \* the amount of rest between training days should increase
- \* the number of sets performed should increase
- \* the number of repetitions until fatigue decreases
- \* the amount of rest between sets should decrease

**NO.82** What heart rate changes are observed as a result of chronic aerobic training?

- \* Submaximal heart rate increases for a standard exercise task, while resting heart rate decreases.
- \* Both submaximal heart rate for a standard exercise task, and resting heart rate decrease.
- \* Resting heart rate decreases but there is no change in submaximal heart rate for a standard exercise task.
- \* Submaximal heart rate decreases for a standard exercise task and resting heart rate increases.

**NO.83** One of your corporate wellness clients is normally consistent in attending appointments. Lately, he has been missing sessions. What strategy would not be the most appropriate way to demonstrate social support to encourage his adherence?

- \* Contact his company Human Resources department with an attendance report.
- \* Send an e-mail reminding him of future appointments.
- \* Call the client expressing your concern.
- \* Encourage the client to find a workout partner to improve future adherence.

**NO.84** 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.85** Procuring general liability insurance and \_\_\_\_\_ provides legal protection for a personal trainer who has been accused of negligence.

- \* professional liability insurance
- \* third party insurance
- \* worker's compensation
- \* employment practices liability insurance

**NO.86** What does waist to hip ratio assess?

- \* Frame size
- \* Weight relative to height
- \* Distribution of body weight
- \* The amount of subcutaneous fat

Section: Volume B

**NO.87** The personal trainer's analysis of posture and body alignment should be made from which of the three different positions?

- \* Anterior, posterior, superior
- \* Line of gravity, laterally from both sides, posterior
- \* Line of gravity, posterior, superior
- \* Anterior, posterior, laterally from both sides

Section: Volume B

**NO.88** As described by the American College of Sports Medicine, proper technique during the push-up test involves

- \_\_\_\_\_.
- \* timing the number of push-ups performed in two minutes
  - \* requiring both female and male subjects to use the toes as the pivotal point of movement
  - \* allowing a slight (20°) elbow flexion at the top of the movement
  - \* stopping the test when the subject strains forcibly

Section: Volume B

**NO.89** What is the suggested order of an exercise session?

- \* Stretch, warm-up, endurance phase, cool-down
- \* Warm-up, endurance phase, cool-down, stretch
- \* Stretch, endurance phase, warm-up, cool-down
- \* Warm-up, endurance phase, stretch, cool-down

**NO.90** Which of the following is the term used for a training regimen that begins with rapid eccentric muscle action followed by concentric action of the same muscle?

- \* Proprioceptive Neuromuscular Facilitation
- \* Plyometrics
- \* Dynamic Activity Preparation
- \* Progression

**NO.91** What is a result of resistance training in adolescents?

- \* It promotes muscular strength.
- \* It increases muscular bulk.
- \* It increases the risk of osteoporosis.
- \* It causes permanent musculoskeletal damage.

Section: Volume A

**NO.92** Which of the following indicates the correct order for a traditional periodization program for resistance training?

- \* hypertrophy, peaking, strength/power, recovery
- \* strength/power, peaking, recovery, hypertrophy
- \* strength/power, hypertrophy, recovery, peaking
- \* hypertrophy, strength/power, peaking, recovery

**NO.93** What is a potential side effect of taking diet pills prior to an exercise session?

- \* Increased fatigue
- \* Increase in muscle soreness
- \* No side effect on exercise and training
- \* Increase in blood pressure and heart rate

**NO.94** Which of the following bones facilitate movement of the chest during both inspiration and expiration?

- \* clavicle
- \* scapula
- \* carpal
- \* scalene

Section: Volume A

**NO.95** What is bradycardia?

- \* Heart rate less than 60 beats per minute
- \* Heart rate greater than 100 beats per minute
- \* Heart rate between 70 and 80 beats per minute
- \* Heart rate between 90 and 100 beats per minute

**NO.96** Which of the following modifiable risk factors is the most preventable cause of death in the United States today?

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

Section: Volume B

**NO.97** Which muscle is an antagonist of the hamstrings?

- \* Gastrocnemius
- \* Iliopsoas
- \* Gracilis
- \* Sartorius

**NO.98** Which blood lipid is influenced more by physical activity than by nutrition modification?

- \* LDL
- \* HDL
- \* VLDL
- \* Total cholesterol

**NO.99** What respiratory muscles can cause forceful expiration?

- \* External intercostals
- \* Pectoralis minor
- \* Sternocleidomastoid
- \* Internal intercostals

**NO.100** During your initial assessment of your client, you notice her resting heart rate is 45 beats per minute, while asymptomatic and not taking any medication. Based on this information, what best describes the heart rate?

- \* Regular
- \* Tachycardia
- \* Bradycardia
- \* Normal

ACSM 010-111 (ACSM Certified Personal Trainer) Exam is a nationally recognized certification exam that assesses an individual's competency in the field of personal training. 010-111 exam is designed for individuals who want to pursue a career as personal trainers and want to demonstrate their knowledge and skills in the field. ACSM Certified Personal Trainer certification is widely accepted and respected in the fitness industry, making it a valuable asset for career growth and advancement.

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