



# 010-111<sup>Q&As</sup>

ACSM Certified Personal Trainer

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#### QUESTION 1

What type of learner would benefit from a written handout?

- A. Visual
- B. Aesthetic
- C. Auditory
- D. Kinesthetic

Correct Answer: A

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#### QUESTION 2

Mitral valve prolapse is a condition which primarily affects the .

- A. Sino-atrial node.
- B. Bicuspid valve.
- C. Tricuspid valve.
- D. Descending aorta.

Correct Answer: B

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#### QUESTION 3

What plane divides the body into upper and lower sections?

- A. Sagittal
- B. Frontal
- C. Transverse
- D. Median

Correct Answer: C

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#### QUESTION 4

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)

Correct Answer: C

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#### QUESTION 5

What effect should a bronchodilator have on your asthmatic client?

A. Increase airway resistance

B. Decrease airway resistance

C. Decrease blood pressure

D. Increase blood pressure

Correct Answer: B

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