



010-111^{Q&As}

ACSM Certified Personal Trainer

Pass ACSM 010-111 Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.geekcert.com/010-111.html>

100% Passing Guarantee
100% Money Back Assurance

Following Questions and Answers are all new published by ACSM
Official Exam Center

- ⚙️ **Instant Download** After Purchase
- ⚙️ **100% Money Back** Guarantee
- ⚙️ **365 Days** Free Update
- ⚙️ **800,000+** Satisfied Customers





QUESTION 1

Which of the following modifiable risk factors is the most preventable cause of death in the United States today?

- A. Diabetes
- B. Hypertension
- C. Cigarette Smoking
- D. Hypercholesterolemia

Correct Answer: C

QUESTION 2

Downhill walking/jogging/running is characterized by eccentric activation of which of the following muscle groups?

- A. Hamstrings
- B. Gastrocnemius
- C. Brachioradialis
- D. Quadriceps femoris

Correct Answer: D

QUESTION 3

What muscle action will most likely induce delayed onset muscle soreness?

- A. Concentric
- B. Eccentric
- C. Isometric
- D. Isotonic

Correct Answer: B

QUESTION 4

As the percentage of 1 RM (Repetition Maximum) resistance increases:

- A. the amount of rest you should allow between training days should increase.
- B. the number of sets performed should increase.



C. the number of repetitions until fatigue decreases.

D. the amount of rest you should allow between sets should decrease.

Correct Answer: C

QUESTION 5

What is the fundamental unit of muscle contraction?

A. Myofibril

B. Sarcomere

C. Myosin

D. Sarcolemma

Correct Answer: B

[Latest 010-111 Dumps](#)

[010-111 Practice Test](#)

[010-111 Study Guide](#)