



010-111^{Q&As}

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QUESTION 1

What is the ACSM recommendation for an effective strength training program for a menopausal client?

- A. 8-10 repetitions per set at 75-80% 1 RM for 2-3 major muscle groups
- B. 8-10 repetitions per set at 50% 1 RM for 12-15 major muscle groups
- C. 10-15 repetitions per set of moderate to vigorous intensity for 8-10 major muscle groups
- D. 6-10 repetitions per set of light intensity for 6-8 major muscle groups

Correct Answer: C

QUESTION 2

The stroke volume of a client who has a cardiac output of 5 liters per minute and a heart rate of 70 beats per minute is approximately ____.

- A. 70 L
- B. 350 L
- C. 70 mL
- D. 350 mL

Correct Answer: C

QUESTION 3

If you are palpating the thumb side of the forearm in the wrist area, what pulse are you checking?

- A. Humeral
- B. Ulnar
- C. Brachial
- D. Radial

Correct Answer: D

QUESTION 4

Which of the following describes a Valsalva maneuver performed during a free weight biceps curl?

- A. a normal part of the concentric phase of the exercise.



- B. inspiration of air through an open glottis.
- C. a normal part of the eccentric phase of the exercise.
- D. expiration of air against a closed glottis.

Correct Answer: D

QUESTION 5

Which component should be the primary focus of the mission statement for a personal training business?

- A. Business ideals
- B. Proposed budget
- C. Annual strategic goals
- D. Operating principles

Correct Answer: A

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