



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

ACSM Certified Personal Trainer

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### QUESTION 1

For the comparison of body mass index (BMI) and plethysmography body composition assessment techniques, which of the following statements is correct?

- A. Plethysmography is inferior to BMI because of the difficulties associated with determination of lung volume.
- B. BMI is inferior to plethysmography because it does not account for lean/fat mass in its calculation.
- C. Plethysmography is superior to BMI because it accounts for the hydration state of the client.
- D. BMI is superior to plethysmography because its standard error of estimate for predicting percent body fat is usually lower.

Correct Answer: B

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### QUESTION 2

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

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### QUESTION 3

Mr. Smith wishes to enroll in your exercise program. Preliminary evaluation revealed the following information:

Age = 50 years Resting heart rate = 78 beats/min

Weight = 198 lb (90 kg) Resting blood pressure = 162/94 mm Hg Height = 70 inches (178 cm) Body fat = 30%

Blood chemistry:

Total cholesterol = 240 mg/dl (6.21 mmol/L)

HDL cholesterol = 34 mg/dl (0.88 mmol/L)

Triglycerides = 180 mg/dl (2.03 mmol/L)

Glucose = 98 mg/dl (5.55 mmol/L)



Family history and current habits:

Father died of heart attack at 90 years of age

Hypertensive mother died at age 84

Smokes a pipe after dinner each evening

Smokes cigarettes (25-30 per day)

Reports too much work and is struggling to meet deadlines Currently doing moderate exercise No

medications at present

According to ACSM stratification guidelines, Mr. Smith has which of the following coronary artery disease risk factors?

- A. Hypertension, obesity, high total cholesterol:HDL ratio.
- B. Smoking, probable diabetes, high blood pressure.
- C. Smoking, high total cholesterol, aggressive type A personality.
- D. Hypertension, high total cholesterol, smoking.

Correct Answer: D

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#### QUESTION 4

The changes in muscle size associated with long-term resistance training is most likely due to increases in \_\_\_\_\_.

- A. muscle fiber cross-sectional diameter.
- B. muscle fiber number.
- C. connective tissue thickness.
- D. hydration state of the muscle.

Correct Answer: A

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#### QUESTION 5

Which person would most likely experience intrinsic reinforcement?

- A. Jane, age 30, who commenced her exercise program 2 weeks ago.
- B. Pete, age 27, who started his resistance training regimen to increase muscle mass one month ago.
- C. Alexis, age 49, who has been swimming for 6-months three times a week, to increase her cardiovascular endurance.
- D. Anna, age 54, who has a weight loss goal and has been walking three times a week for a month.



Correct Answer: C

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