



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 blood lipids is influenced more by physical activity than by nutrition modification?

- A. LDL
- B. HDL
- C. VLDL
- D. Total cholesterol

Correct Answer: B

QUESTION 2

Which principle of training best describes a previously active client, who has been ill and bed-ridden for a prolonged period of time?

- A. Overload
- B. Specificity
- C. Reversibility
- D. Progression

Correct Answer: C

QUESTION 3

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

QUESTION 4

Which joint has the greatest range of motion and involves the greatest number of movements?

- A. Knee



B. Shoulder

C. Hip

D. Ankle

Correct Answer: B

QUESTION 5

A fitness professional who shares identifiable health information about a client with someone who is outside of the realm of patient care is in violation of which federal standard?

A. Family Educational Rights and Privacy Act (FERPA)

B. Occupational Safety and Health Administration (OSHA) Guidelines

C. Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule

D. Americans with Disabilities Act (ADA)

Correct Answer: C

[Latest 010-111 Dumps](#)

[010-111 PDF Dumps](#)

[010-111 Practice Test](#)