



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

ACSM Certified Personal Trainer

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### QUESTION 1

What is the function of the tricuspid valve?

- A. It acts as a pacemaker.
- B. To pump blood through the heart.
- C. Prevents backflow of blood to the left atrium.
- D. Prevents backflow of blood to the right atrium.

Correct Answer: D

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### QUESTION 2

Which of the following is the most important exercise to include in an overall training plan for an apparently healthy automobile mechanic who performs daily overhead movements?

- A. Lat pulldown
- B. Upright Row
- C. Tricep extension
- D. Shoulder press

Correct Answer: D

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### QUESTION 3

Which occurs when running up an incline?

- A. A greater range of motion occurs in the ankle joint.
- B. A reduced range of motion occurs in the ankle joint.
- C. Reduced force of action of the knee extensors.
- D. Greater viscosity of the knee joint synovial fluid.

Correct Answer: A

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### QUESTION 4

Which of the following occurs when walking or running up an incline?

- A. Greater flexibility of the soleus



- B. Lesser force of action from the gluteus maximus
- C. Lesser force of action of the knee extensors
- D. Lesser flexibility of the plantar flexors

Correct Answer: A

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#### QUESTION 5

The risk of developing a myocardial infarction increases when there is a family history of myocardial infarction or sudden death before the ages of:

- A. 50 years of age in a first-degree female relative; 60 years of age in a first-degree male relative
- B. 50 years of age in any male relative; 60 years of age in any female relative
- C. 55 years of age in a first-degree male relative; 65 years of age in a first-degree female relative
- D. 55 years of age in any male relative; 65 years of age in any female relative

Correct Answer: C

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