



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

ACSM Certified Personal Trainer

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#### QUESTION 1

Which is most associated with proprioceptive neuromuscular facilitation?

- A. Breathing techniques
- B. Stretching techniques
- C. Resistance training
- D. Cardiovascular exercise

Correct Answer: B

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#### QUESTION 2

A certified Personal Trainer fails to properly spot a client performing heavy incline dumbbell presses and the client injures himself. This is an example of what type of negligence?

- A. Casual
- B. Serious
- C. Omission
- D. Commission

Correct Answer: C

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#### QUESTION 3

What was the purpose of the original Borg Scale of Perceived Exertion?

- A. To estimate oxygen consumption during exercise
- B. To determine the level of fatigue during exercise
- C. To estimate systolic and diastolic blood pressure during exercise
- D. To estimate subject's immediate intrinsic motivation during exercise

Correct Answer: B

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#### QUESTION 4

Claims relating to personal trainers violating their scope of practice occur most frequently in which area?

- A. Supplement recommendations



- B. Emergency response negligence
- C. Violations of HIPAA
- D. Inappropriate exercise prescription

Correct Answer: A

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#### QUESTION 5

What is the recommendation for daily physical activity for youth?

- A. 30 minutes at low intensity and 30 minutes at moderate intensity
- B. 60 minutes at 40-59% HRR
- C. 30 minutes at moderate intensity and 30 minutes at vigorous intensity
- D. 60 minutes at low intensity

Correct Answer: C

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