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Trainer**

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Question: 1

Orthopnea refers to labored breathing that occurs in which of the following positions?

- A. Standing
- B. While walking
- C. Sitting
- D. Lying down

Answer: D

Explanation:

There are multiple signs and symptoms that may indicate an individual is suffering from a cardiovascular, metabolic, and/or renal (CMR) disease. Signs and symptoms include dyspnea, syncope, orthopnea, and ankle edema.

Specifically, orthopnea refers to trouble breathing while lying down. It is relieved quickly once an individual is in a seated or standing position.

Question: 2

An individual would be considered sedentary if they:

- A. Do not participate in 30 minutes or more of vigorous physical activity 3 days a week for at least 2 months
- B. Do not participate in 30 minutes or more of moderate physical activity 3 days a week for at least 3 months
- C. Do not participate in 20 minutes or more of vigorous physical activity 3 days a week for at least 3 months
- D. Do not participate in 45 minutes or more of moderate physical activity 2 days a week for at least 3 months

Answer: B

Explanation:

A sedentary lifestyle is defined as not participating in a regular exercise program and/or not participating in 30 minutes or more of moderate physical activity three days a week for at least three months. A sedentary lifestyle is considered a risk factor for atherosclerotic cardiovascular disease (CVD).

Question: 3

Which of the following is not an effective way to develop rapport with a client?

- A. Identify with non-exercise hobbies the client has
- B. Discuss non-exercise goals with the client
- C. Discuss the benefits of exercise with the client
- D. Identify with non-exercise values the client holds

Answer: C

Explanation:

Building rapport with a client occurs when the client grows to trust and relate to the personal trainer more. This can effectively be achieved by relating to the client over non-exercise components of the client's life and identity. This humanizes the trainer and the client-trainer relationship, resulting in greater trust. Discussing the benefits of exercise, while important, does not contribute to strengthening this relationship.

Question: 4

Which of the following is not a location to measure pulse through palpation?

- A. Carotid artery
- B. Rhomboid artery
- C. Brachial artery
- D. Radial artery

Answer: B

Explanation:

A simple method of manually determining heart rate is by measuring the pulse by feeling the pulsating blood through the arteries. Resting heart rate is a fairly good indicator of overall fitness, and measuring heart rate during exercise can give the personal trainer insight into how the client is responding to stress. While there is usually a strong pulse at the neck, the baroreceptors in the sinus region often become stimulated when touched, leading to an underestimation of true heart rate.

There are many sites at which a clinician may measure heart rate. Most commonly, heart rate will be taken at the radial, carotid, brachial, or posterior tibial artery. However, the pulse can also be found in the popliteal region, the femoral region, and in a few other key spots on the body. There is no such artery as the rhomboid artery.

Question: 5

The sagittal plane divides the body into which of the following halves?

- A. Anterior and posterior
- B. Inferior and superior
- C. Top and bottom
- D. Right and left

Answer: D

Explanation:

There are three imaginary planes that pass through the body. One of which is the sagittal plane, which divides the body into right and left halves. Movements that occur in the sagittal plane are those that are forward, backward, up, and down, such as jumping, running or squatting.

Top and bottom is incorrect as this describes the transverse plane. Movements that occur in the transverse plane are rotational.

Anterior and posterior is incorrect as this depicts the halves that the frontal plane divides the body into. Examples of movements that occur in the frontal plane include jumping jacks, side shuffles, and dumbbell lateral raises.

Inferior and superior is incorrect as this describes the halves of the body that the transverse plane divides. Movements that occur in the transverse plane include swinging a baseball bat or golf club, or internal or external hip rotations.

Question: 6

Which of the following is not a major risk factor for coronary artery disease?

- A. Being a female 50 years old
- B. Being a smoker
- C. Having a BMI of 35
- D. Being a male 45 years old

Answer: A

Explanation:

A personal trainer should be aware of the several major risk factors of coronary artery disease:

- Family history
- Age
- Smoking
- Obesity
- Hypertension

Specifically regarding age, being a male 45 years or older and being a female 55 years or older are considered risk factors. A trainer can obtain all of this information through proper risk assessments during the initial assessment phase with a client.

Question: 7

Which of the following is true of ginseng?

- A. It improves fat loss
- B. It improves heart health
- C. It is not an ergogenic substance
- D. It improves muscle building

Answer: C

Explanation:

Ginseng is not an ergogenic substance, meaning that it cannot support improvements in performance or fitness. There is currently no reliable evidence that supports its efficacy as an ergogenic substance. This means ginseng cannot improve heart health, fat loss, or muscle building.

Question: 8

Clothing should include which properties to minimize risk for a client?

- A. Comfortable, breathable, and allowing movement
- B. Comfortable, formfitting, and allowing movement
- C. Tight, breathable, and warm
- D. Loose, breathable, and warm

Answer: A

Explanation:

It is a part of the responsibility of a personal trainer to educate clients about appropriate clothing and footwear. This will help to prevent injury and enhance training. Clothing should be comfortable, breathable, and allow for movement. In addition, personal trainers need to check footwear and should not allow clients to train with shoes that don't fit properly, have excessive wear, or aren't appropriate for the exercise session.

Question: 9

Carpal tunnel syndrome usually results from:

- A. Median nerve entrapment at the anterior wrist
- B. Median nerve entrapment at the posterior wrist
- C. Ulnar nerve entrapment at the posterior wrist
- D. Ulnar nerve entrapment at the anterior wrist

Answer: A

Explanation:

Carpal tunnel syndrome usually results from repeated microtrauma to the carpal tunnel and flexor retinaculum because of continued manual work with the wrist in a flexed position. For example, this type of injury is common in individuals who work with computer keyboards, assembly line workers, and cyclists. Symptoms of carpal tunnel syndrome include the following:

- Pain
- Numbness
- Tingling
- Weakness in the thumb, index, and middle finger

Question: 10

What duration is most appropriate for a warm-up?

- A. 5-10 minutes
- B. 2-3 minutes
- C. 3-5 minutes
- D. 10-15 minutes

Answer: A

Explanation:

Warm-ups are designed to effectively increase work capacity without causing the accumulation of excess fatigue. Because of this, it is important that warm-ups are long enough to prepare the body for the conditioning phase of training. It is also important that they are short enough so that the stress of the warm-up doesn't compound on itself and result in fatigue accumulation that outpaces the body's ability to recover.

The exact duration of a warm-up will vary based on environmental factors, such as how hot or cold it is outside. It may also vary based on individual factors, such as how cardio-respiratorily fit the client is. However, it will generally take somewhere between 5-10 minutes for most individuals. A good rule of thumb is to warm up until the first drop of sweat falls, as this indicates that the body temperature has been elevated to a point that is slightly beyond ideal.

Question: 11

Which of the following % daily values is considered to be high for that nutrient?

- A. 16% DV of potassium
- B. 23% DV of calcium
- C. 19% DV of iron
- D. 18% DV of vitamin D

Answer: B

Explanation:

The nutrient under consideration doesn't matter when evaluating whether a DV is high or low. Any DV above 20% is considered to be high. Any DV below 5% is considered to be low.

Question: 12

Clients should play an active role in their healthy habits. One method of helping clients participate in the goal setting/achievement process is exercise journaling.

Exercise journaling is an example of which of the following concepts?

- A. Self-control
- B. Self-monitoring
- C. SMART goals
- D. Reinforcement

Answer: B

Explanation:

Self-monitoring refers to an individual tracking their own behavior. This serves two purposes: increasing their awareness and monitoring their progress. Examples of self-monitoring include writing in an exercise planner, performing a weekly weigh-in, and keeping a food log.

SMART goals are specific, measurable, attainable, realistic, and time-bound goals that make goal-setting more effective. Self-control is a broad concept in which an individual avoids giving into urges. Reinforcement is a psychological concept that refers to the likelihood of a behavior being learned or repeated.

Question: 13

Which of the following most increases stability?

- A. Core work
- B. Flexibility training
- C. Cardiorespiratory training
- D. Arm work

Answer: A

Explanation:

Core work increases the body's ability to stabilize the torso while moving. A strong core can also prevent the torso from deviating from a stable position when forces are applied to it externally.

Cardiorespiratory training, flexibility training, and arm work do not relate to changes in stability.

Question: 14

Which of the following types of training is best suited to improve ROM?

- A. Resistance training
- B. Flexibility training
- C. Balance training
- D. Cardiorespiratory training

Answer: B

Explanation:

Flexibility training performed regularly over a long period of time will allow the stretched muscles to stretch farther over time. This increases the ROM of the joints around which those muscles create movement.

Resistance training is best suited for increasing muscular hypertrophy, strength, endurance, or power. Cardiorespiratory training is best suited for increasing aerobic capacity or function of the cardiorespiratory system. Balance training is best suited for improving balance.

Question: 15

All of the following are found in sports drinks except:

- A. Electrolytes
- B. Sodium
- C. Caffeine
- D. Carbohydrate

Answer: C

Explanation:

What you drink after exercise is important for achieving optimal performance and recovery. Sports drinks provide some advantages over water because sports drinks contain carbohydrate, which provides energy for fatiguing muscles. Sports drinks also contain electrolytes and sodium, which can help maintain blood volume. They do not contain caffeine.

Question: 16

Which type of diet should be recommended to an individual looking to improve their energy reserves?

- A. A high-fat diet
- B. A high-carbohydrate diet
- C. A high-protein diet
- D. A high-calorie diet

Answer: B

Explanation:

Different activities require different amounts of carbohydrate intake. By consuming a high-carbohydrate diet and carbohydrate-containing sports beverages, a client can improve energy reserves and enhance performance of repeated bouts of high-intensity activity. This is because carbohydrate is the preferred fuel for the body, and it is a quick energy source.

Question: 17

What muscle action is typically performed first when performing a back squat and a pull-up, respectively?

- A. Back squat: eccentric; pull up eccentric
- B. Back squat: concentric; pull up concentric
- C. Back squat: eccentric; pull up concentric
- D. Back squat: concentric; pull up eccentric

Answer: C

Explanation:

The back squat and pull up are common movements in general fitness resistance training programs. They are dynamic exercises that involve both concentric and eccentric muscle actions. However, the starting position of each movement dictates the order in which these muscle actions are performed during the exercise.

The eccentric phase of a movement involves lowering the weight and the concentric phase involves lifting the weight. The back squat begins with lowering the bar toward the floor as you descend (eccentric) and lifting the weight as you stand up (concentric). The pull up begins by lifting your bodyweight up toward the bar (concentric) and finishes with lowering the weight (your body) back to the starting position (eccentric).

Question: 18

A client arrives at your fitness facility for an evaluation which will be followed by her first personal training session. Which of the following is the most important assessment to complete before training this client?

- A. VO2max testing
- B. Body composition screening
- C. Movement quality screening
- D. Preparticipation physical activity screening

Answer: D

Explanation:

It is prudent to conduct some form of preparticipation physical activity screening on a client so that medical contraindications for performing physical activity can be identified, as well as other health and medical concerns. This will reduce the likelihood of the occurrence of any untoward or unwanted events during a physical activity program.

Question: 19

How many repetitions should a client try to complete while performing a forced repetition set?

- A. One to four
- B. One to two
- C. Three to five
- D. Six to eight

Answer: A

Explanation:

Forced repetitions are performed beyond one's normal capacity with the assistance of a spotter. The belief is that training beyond failure will lead to greater gains in muscle strength, endurance, and hypertrophy. The personal trainer should supply minimal assistance, allowing the client to complete one to four repetitions.

Question: 20

Which of the following is an appropriate oral cue for a client performing the leg press exercise?

- A. Tell the client "Don't lock your knees"
- B. Tell the client "Raise your butt with each rep"
- C. Perform the leg press correctly in front of the client
- D. Touch the client's shoulder just before the client locks their knees

Answer: A

Explanation:

"Don't lock your knees" is a safe oral cue for the leg press.

Telling the client "Raise your butt with each rep" is an oral cue, but it is not safe, as it compromises the lumbar spine. Performing the leg press in front of the client is considered a visual cue. Touching the client's shoulder is considered a tactile cue.

Question: 21

Which of the following statements about characteristics of the most common joint type found in the body is not true?

- A. The articulating surfaces of the bones are covered in hyaline cartilage
- B. The joint cavity is lined with a synovial membrane
- C. The joint capsule encloses the joint cavity
- D. It allows for very little movement

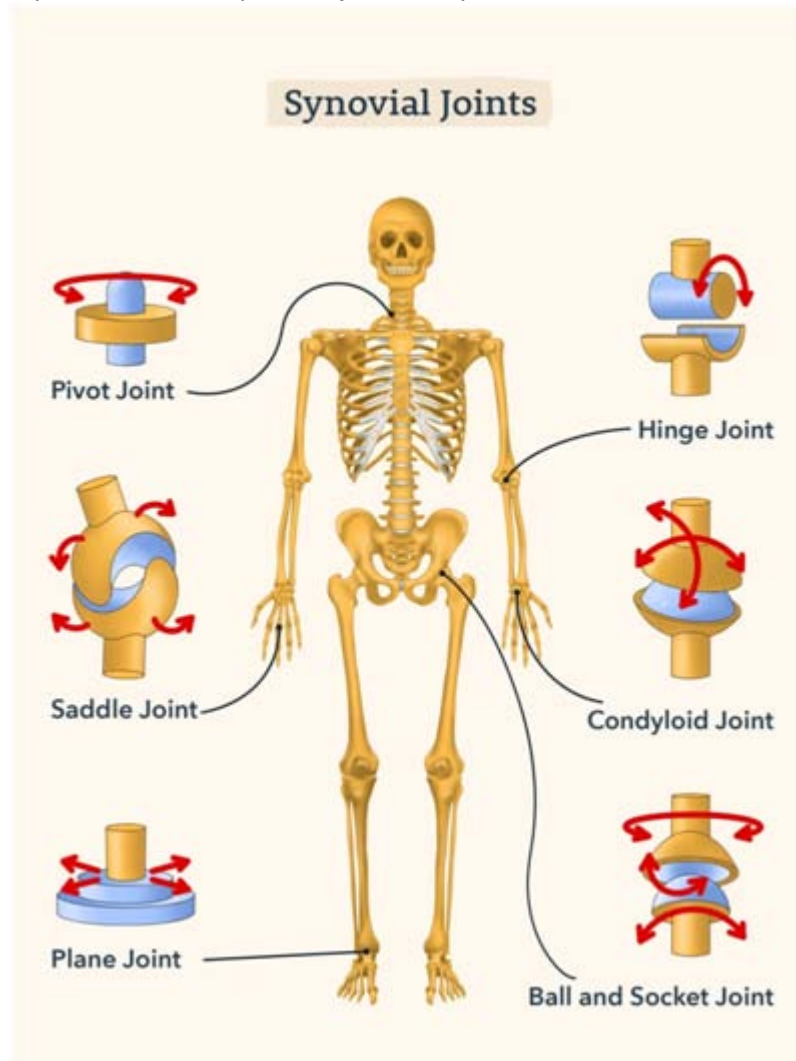
Answer: D

Explanation:

The most common type of joint in the body is a synovial joint. Synovial joints allow freedom of movement with significant range of motion to absorb shock and reduce friction. Other characteristics include the following:

- It is enclosed by a fibrous joint capsule
- The joint cavity is lined with a synovial membrane
- The articulating surfaces of the bones are covered in hyaline cartilage

- Synovial fluid occupies the joint cavity



Question: 22

In which of the following populations are Achilles tendon ruptures most commonly seen?

- A. Male athletes between 15 and 25 years of age
- B. Male athletes between 30 and 40 years of age
- C. Female athletes between 15 and 25 years of age
- D. Female athletes between 30 and 40 years of age

Answer: B

Explanation:

Achilles tendon rupture is considered one of the most serious acute leg injuries. Nearly 75% of Achilles tendon ruptures occur in male athletes between 30 and 40 years of age. The cause is typically the

mechanism of forceful plantarflexion while the knee is extended. More often than not, this type of injury requires surgical repair and extensive long-term rehabilitation.

Question: 23

What type of assessment is the Astrand-Ryhming Test?

- A. Maximal VO₂ test
- B. Submaximal cycle ergometer test
- C. Step test
- D. Walk/run performance test

Answer: B

Explanation:

The Astrand-Ryhming Test is an example of a submaximal cycle ergometer test that measures cardiorespiratory fitness. It serves as a great alternative to a maximal test, since maximal testing is not always a feasible, desirable, or appropriate approach for an individual.

Question: 24

Which of the following joints is distal to the elbow?

- A. Humerus
- B. Clavicle
- C. Wrist
- D. Shoulder

Answer: C

Explanation:

The wrist is distal to the elbow. Proximal refers to something that is close to a reference point. In anatomy, this reference point is typically the center of mass. Distal refers to something that is farther away from a reference point. The wrist is farther away from the center of mass than the elbow. Thus, the wrist is distal to the elbow.

The humerus is the upper arm bone directly proximal to the elbow joint. The shoulder is proximal to the elbow; it is the joint closest to the elbow. The clavicle bone is proximal to the elbow. This bone is located in the upper torso, directly proximal to the shoulder joint.

Question: 25

Where does gas exchange occur between the outside air and the bloodstream?

- A. Bronchioles
- B. Bronchial arteries

- C. Alveoli
- D. Capillaries

Answer: C

Explanation:

Ventilation of the pulmonary system is accomplished in two major divisions: upper and lower respiratory tract.

Composed of the nose, sinuses, pharynx, and larynx, the upper respiratory tract acts as a pathway for air to move into the lower respiratory tract. The sole function of the upper respiratory tract is to purify, warm, and humidify the air before it reaches the gas exchange units (alveoli).

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