

ACSM 010-111

ACSM certified Personal Trainer

Questions And Answers PDF Format:

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Question: 1

The C-shaped cartilages of the trachea allow all of the following to occur EXCEPT

- A. Ciliated movement of mucus-secreting cells.
- B. Distention of the esophagus.
- C. Maintenance of open airway.
- D. Prevention of tracheal collapse during pressure changes.

Answer: A

Question: 2

Functions of bone include all of the following EXCEPT

- A. Support for the body.
- B. Protection of organs and tissues.
- C. Production of red blood cells.
- D. Production of force.

Answer: D

Question: 3

In the organization of skeletal muscle, the muscle cell contains the contractile proteins. Which of the following is a contractile protein?

- A. Myosin.
- B. Muscle fascicle.
- C. Myofibril.
- D. Muscle fiber.

Answer: A

Question: 4

A client in your exercise class has been complaining of back pain with no radicular symptoms. This person

has been treated medically and is now joining the exercise program to improve flexibility in the low back.

Which exercise would be most appropriate for this person to address the stated goal?

- A. Hip flexor stretch.
- B. Knee-to-chest stretch.
- C. Gastrocnemius stretch.
- D. Lateral trunk stretch.

Answer: B

Question: 5

All of the following statements are true regarding long bones EXCEPT

- A. The diaphysis is composed of compact bone.
- B. The epiphysis consists of spongy bone.
- C. Most bones of the axial skeleton are of this type.
- D. The central shaft encases the medullary canal.

Answer: C

Question: 6

The arm is capable of performing all of the following motions EXCEPT

- A. Flexion.
- B. Abduction.
- C. Inversion.
- D. Supination.

Answer: C

Question: 7

The prime movers for extension of the knee are the

- A. Biceps femoris.
- B. Biceps brachii.
- C. Quadriceps femoris.
- D. Gastrocnemius.

Answer: C

Question: 8

A baseball pitcher has been complaining of weakness in the lateral rotation motions of the shoulder. You have been asked to evaluate him for a strengthening program. Which of the following muscles would you have him concentrate on strengthening?

- A. Subscapularis.
- B. Teres major.
- C. Latissimusdorsi.
- D. Teres minor.

Answer: D

Question: 9

Cartilage is categorized as which of the following types of connective tissue?

- A. Loose.
- B. Dense.
- C. Fluid.
- D. Supporting.

Answer: D

Question: 10

Blood leaving the heart to be oxygenated in the lungs must first pass through the right atrium and ventricle. Through which valve does blood flow when moving from the right atrium to the right ventricle?

- A. Bicuspid valve.
- B. Tricuspid valve.
- C. Pulmonic valve.
- D. Aortic valve.

Answer: B

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