



# ACSM CPT

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## Practice Questions

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### 1. When assessing a client's stage, some of the questions you could ask are:

- A. What worked best for them to stick with an exercise program?
- B. What experience with exercise have you had in the past?
- C. What made them stop exercising?
- D. all of the above

### 2. Which is not a major component of physical fitness?

- A. Cardiovascular fitness
- B. Muscular strength
- C. Flexibility
- D. Mental fitness

### 3. To see how a client's heart responds to an increased exercise demand, which of the following test might be recommended?

- A. CHD
- B. ECG
- C. EKG
- D. GXT

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### 4. Higher intakes of fiber are associated with lower incidence of:

- A. heart disease
- B. absorption
- C. certain types of cancer
- D. A and B



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**5. Hypoglycemia is best defined as low blood glucose levels of below 70 mg/dL.**

**Symptoms include:**

- A. Sweating
- B. Shakiness
- C. All of the above
- D. Dizziness

**6. Which anthropometric assessment can be used to estimate desirable weight based on stature?**

- A. Skinfold measurement
- B. Body fat measurement
- C. Girth measurement
- D. Body width measurement

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**7. Measuring the waist and hip area is important. To determine the hip to waist ratio, divide the circumference of the waist measurement by the circumference of the hip measurement. This common physical measurement can be used to determine a person's level of `_____`.**

- A. muscle mass
- B. none of the above
- C. healthiness
- D. fat distribution

**8. After conducting body composition assessments on four clients, which produced measurements in the normal range?**

- A. A male with a BMI of 21.2
- B. A female with a body mass index (BMI) of 25.1
- C. A male with a BMI of 18.3
- D. A female with a BMI of 32

**9. What term is used when several coronary artery disease risk factors occur concurrently and simultaneously with abdominal obesity?**

- A. Metabolic syndrome
- B. Cardiovascular syndrome
- C. Androidal syndrome
- D. Obesity syndrome



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**10. What does an implied consent form not provide?**

- A. Written documentation of providing necessary information to the client prior to the testing
- B. Coverage for improper test administration due to accidental omissions
- C. Evidence that client was informed of purposes, procedures, and risks of exercise testing
- D. Information to the client so that they can make an informed decisions about participating in the exercise testing

**11. An informed Consent Form should include:**

- A. The name of the health and fitness business
- B. A list of program objectives, benefits and risks
- C. A and C
- D. Phone number to the nearest hospital

**12. Which is not part of the client - centered approach to coaching?**

- A. Rapport building
- B. Exhibiting empathy
- C. Assessing with yes or no questions
- D. Active listening

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**13. What are the five As of counseling a client who has experienced a lapse in exercise motivation in order to prevent it from getting worse and becoming a relapse or total collapse?**

- A. Agenda, assurance, advise, ask questions, advance the program
- B. Address agenda, assess, advise, assist, arrange follow-up
- C. Address agenda, assess, admonish failings, advise improvement, appreciate improvement
- D. Address failures, assess motivation, advise changes, assist, arrange follow-up

**14. TEF stands for:**

- A. none of the above
- B. Typical Energy Food
- C. Total Energy Food
- D. Thermic Effect of Food



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**15. Walking on a treadmill with handrail support is a good mode of exercise for those with:**

- A. osteoporosis
- B. hand issues
- C. feet problems
- D. none of the above

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**16. Vibration training should be used starting with `<code>_____</code>`.**

- A. high-intensity, high frequency settings and long sessions
- B. intensity and frequency increased regardless if the body has adapted to the stimulus
- C. low-intensity, low frequency settings and short sessions
- D. none of the above

**17. What is the best method for the client to determine their resting heart rate?**

- A. Compare heart before and after strenuous physical activity
- B. Make an appointment to visit healthcare provider for readings
- C. Check their heart rate three mornings in a row, and take the average
- D. Calculate it based on body temperature and number of calories consumed the previous day

**18. The `<code>_____</code>` tracks the development of a client's grip strength.**

- A. IRM Testing
- B. Push-Up Test
- C. Handgrip Dynamometer
- D. Partial Curl-Up Test

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**19. Strength training can be accomplished by using:**

- A. all of the above
- B. resistance bands
- C. free weights
- D. weight training machines



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**20. Proper breathing is important during strength training and aerobic activities. As a trainer, you should teach your clients to breathe diaphragmatically - which means through the `_____`.**

- A. shoulders
- B. diaphragm
- C. lungs
- D. abdomen

**21. The BOSU ball is an inflated rubber hemisphere attached to a solid plastic surface. The name is an acronym for `_____`.**

- A. Base Stability Up"
- B. none of the above
- C. "Ball Over And Up"
- D. "Both Sides Up"

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**22. How behaviors and choices relate to health by considering costs and benefits is known as what model?**

- A. Transtheoretical Model of Health Behavior Change
- B. Health Belief Model
- C. Reinforcement Model
- D. Relapse and Prevention Model

**23. What correctly describes some of the differences between normal running gait and normal walking gait?**

- A. Running requires greater balance, range of motion, increased rotary action, and stride length
- B. Running requires greater range of motion, but decreased forward incline and rotary actions
- C. Running requires greater balance, range of motion, and increased rotary action while maintaining the same vertical ground reaction force
- D. Running requires greater balance, range of motion, and increased rotary action, but decreased stride length

**24. When the body is using oxygen when exercising, it is undergoing `_____`.**

- A. anxiety
- B. none of the above
- C. aerobic exercise
- D. decreased body tension



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**25. It is important to understand what fitness improvements clients hope to achieve and to clarify what clients mean by:**

- A. Interpreting what they mean
- B. Improving appearance and being fit
- C. Feeling better and being stronger
- D. A and B

**26. Which description correctly defines Line of Gravity?**

- A. The point around which body weight is equal on all sides
- B. The point of intersection of the three body planes
- C. The point of exact center around which the body freely rotates
- D. The area of contact between the body and the supporting surface

**27. The short term effects of exercise include:**

- A. Endorphins not being released
- B. Increased energy, reduced stress and better sleep
- C. A and B
- D. An increased metabolism

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**28. To make up for weak hip extensors, the \_\_\_\_\_ take over the work during an abdominal workout, increasing their risk for injury due to excessive strain, which was originally meant for the glutes.**

- A. Shoulders
- B. Quadriceps
- C. Hamstrings
- D. Knees

**29. Which condition is characterized by the modifiable risk factors of poor oral health, dyslipidemia, metabolic syndrome, and high dietary trans fat?**

- A. Diabetes mellitus
- B. Obesity
- C. Cardiovascular disease
- D. Paroxysmal nocturnal dyspnea



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**30. Appropriate precautions can minimize the risks of exercise during pregnancy, including:**

- A. increased blood circulation
- B. decreased oxygen supply
- C. thermoregulatory changes
- D. all of the above



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## Answer Key & Explanations

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**1. D — all of the above**

Always remember that your client may be struggling with finding ways to deal with exercise barriers. As a personal trainer, you can help eliminate those barriers.

**2. D — Mental fitness**

The major components of physical fitness include body composition, cardiovascular fitness, flexibility, and muscular strength and endurance.

**3. D — GXT**

A Graded Exercise Test (GXT) is a diagnostic exercise testing that is usually performed in a hospital setting with a physician present.

**4. D — A and B**

Fiber is an indigestible carbohydrate.

**5. C — All of the above**

The best way to remember the difference between 'hypo' and 'hyper' is hypo rhymes with 'low.' Be aware of these symptoms when training your client or doing an assessment test.

**6. D — Body width measurement**

Body width measurement can be used to estimate desirable weight based on stature. This method uses spreading calipers, sliding calipers, or an anthropometer at several designated sites on the body.

**7. D — fat distribution**

The waist to hip ratio (WHR) is a measure of fat distribution that may help indicate overall health. For women, ages 18-59, the ideal WHR is below .87 while women over the age of 60, the ideal range is below .91.

**8. A — A male with a BMI of 21.2**

A male or female with a BMI between 18.5 and 24.9 is considered in the normal range.

**9. A — Metabolic syndrome**

Metabolic syndrome is when several coronary artery disease risk factors occur concurrently and simultaneously with abdominal obesity. These risks increase chances of cardiovascular disease and diabetes.

**10. B — Coverage for improper test administration due to accidental omissions**

An implied consent form does not provide coverage for improper test administration due to accidental omissions. It does provide written documentation (evidence) that the client was informed about the test procedures and allows them to make a decision about participating in the testing.

**11. C — A and C**

It is important to specify whether or not a physician's consent is required to start their training program or if it is the client's responsibility to do so on their own.



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**12. C — Assessing with yes or no questions**

The client - centered approach to coaching encourages building rapport with the clients, exhibiting empathy, and engaging in active listening. One important technique of this approach is to use open - ended questions to gather information which is important to the client.

**13. B — Address agenda, assess, advise, assist, arrange follow-up**

The five As of counseling a client who has experienced a lapse in exercise motivation in order to prevent it from getting worse are address agenda, assess, advise, assist, and arrange follow-up. These can help the fitness professional effectively understand the client's lapse and get that client back on track with the prescribed fitness program.

**14. D — Thermic Effect of Food**

TEF is the amount of energy expended above RMR, as a result of digesting food for storage and use.

**15. A — osteoporosis**

The frequency of walking on the treadmill for those with osteoporosis is 2-5 days per week.

**16. C — low-intensity, low frequency settings and short sessions**

The goal of vibration training is to improve the overall wellness, body composition and sports performance of an individual.

**17. C — Check their heart rate three mornings in a row, and take the average**

The best method for the client to determine their resting heart rate is to check their heart rate three mornings in a row, and take the average. This can be performed using the radial or carotid pulse.

**18. C — Handgrip Dynamometer**

Have your client grip the dynamometer with their dominant hand - applying as much pressure as possible. Record the maximum reading. Repeat three times, using the highest value to assess your client's performance.

**19. A — all of the above**

Using your own body weight by doing push-ups, pull-ups, lunges and squats is also considered resistance training.

**20. D — abdomen**

Inhaling and exhaling properly is important during exercise. For example, an individual should inhale as they begin a movement and exhale on the effort of the movement. Think of "E" for effort and exhale.

**21. D — "Both Sides Up"**

It refers to the ability to use the device with either side up for a stability challenge in many exercises.

**22. A — Transtheoretical Model of Health Behavior Change**

The Transtheoretical Model of Health Behavior Change considers costs and benefits of behaviors and choices with regard to health. This model combines strategies of several other theories to explain the path toward making decisions to change health habits.

**23. A — Running requires greater balance, range of motion, increased rotary action, and stride length**

Some of the differences between normal running gait and normal walking gait include greater balance and range of motion, increased rotary action, and stride length. There is also an additional phase during the gait cycle called the flight phase, during which neither foot is touching the ground.



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**24. C — aerobic exercise**

Aerobic exercise is usually long in duration, but low in intensity such as walking or biking.

**25. D — A and B**

Have clients verbalize their goals, both for them and you. It is important for personal trainers to have an understanding of how to set goals and be able to work with their clients around setting goals.

**26. C — The point of exact center around which the body freely rotates**

Line of Gravity is the downward direction of the force of gravity on an object, which occurs vertically, toward the center of the earth.

**27. C — A and B**

The long term effects of exercise include a maintenance of weight loss, prevention of disease and increased mobility.

**28. C — Hamstrings**

To make up for weak hip extensors, the hamstrings take over the work during an abdominal workout, increasing their risk for injury due to excessive strain, which was originally meant for the glutes. It is possible to correct muscle imbalances and posture problems. A foam roller, medicine ball and even a tennis ball can be done before or after a workout, focusing on the muscles causing posture problems and imbalances.

**29. C — Cardiovascular disease**

Cardiovascular disease is a condition characterized by the modifiable risk factors of poor oral health, dyslipidemia, metabolic syndrome, and high dietary trans fat. Oral health and diet of high trans fats are thought to be emerging risk factors, while dyslipidemia (high cholesterol counts) and metabolic syndromes are more traditional risk factors.

**30. D — all of the above**

Most recreational pursuits are appropriate for all pregnant women, and moderate levels of exercise are encouraged until the third trimester.



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