



# ACSM GEI Group Fitness Prep

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## Practice Questions

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**1. A group exercise instructor is teaching a class about proper perform for a squat. She demonstrates that engaging the core during the movement can enhance stability. Which of the following provides the best description of how to engage the core?**

- A. Rounding the shoulders forward
- B. Arching the lower back
- C. Pointing the toes outward
- D. Drawing the belly button towards the spine

**2. During a warm-up session for a high-intensity interval training class, which of the following muscle groups should a GEI emphasize to prepare participants for explosive movements?**

- A. Latissimus dorsi
- B. Gastrocnemius
- C. Quadriceps
- D. Deltoids

**3. Which of the following choices comprises the three main types of flexibility training?**

- A. Aerobic, anaerobic, plyometric
- B. Yoga, Pilates, Tai Chi
- C. Static, dynamic, ballistic
- D. High intensity, low intensity, steady state

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**4. A GEI is giving a seminar on effective hydration strategies for group exercise participants. Which of the following is true regarding the water content listed on a nutrition label?**

- A. Water is not typically listed as a macronutrient on nutrition labels.
- B. Nutrition labels always list the exact amount of water content in the product.
- C. Water content is included under the 'total carbohydrates' section.
- D. Multiplying the milliliters of water by 4 will give you the total calories from water.

**5. How many major muscles are in the quadriceps group?**

- A. 2
- B. 5
- C. 4
- D. 3

**6. A GEI is explaining the core components of cardiovascular health during a fitness session. Which of the following statements is true about the cardiovascular system?**

- A. The cardiovascular system is responsible for breaking down food into simple nutrients.
- B. The cardiovascular system is mainly involved in the production of hormones.
- C. There are approximately 50 different types of vessels in the cardiovascular system.
- D. The cardiovascular system is primarily responsible for the transport of oxygen and nutrients throughout the body.

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**7. A participant informs the GEI that they've been experiencing lower back pain with a severity of 7/10 after consistently participating in multiple daily high-intensity interval training (HIIT) sessions for the past three weeks. How should the GEI respond to this information?**

- A. The GEI should suggest that the participant take a day off from HIIT training and then continue as before.
- B. The GEI should advise the participant to consult with a healthcare professional and to refrain from participating in further HIIT sessions until they have been evaluated.
- C. The GEI should encourage the participant to continue with the HIIT sessions but reduce the intensity.
- D. The GEI should advise the participant to increase their core strengthening exercises and to maintain their current HIIT routine.



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**8. During a group exercise class, a participant mentions that holding a plank position feels too easy. Which of the following options will not increase the difficulty of the exercise?**

- A. Decrease holding time
- B. Lift one leg off the ground
- C. Add a weight plate on the back
- D. Increase holding time

**9. What is muscle hypertrophy?**

- A. Increase in muscle mass due to fat accumulation
- B. Increase in muscle endurance due to increased mitochondrial density
- C. Increase in muscle size due to increase in muscle fiber size
- D. Increase in muscle size due to increase in muscle fibers

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**10. A group exercise instructor suggests to participants that they can make a plank easier by spreading their feet wider. Which of the following options best explains why this modification makes the exercise easier?**

- A. This modification will not make the exercise easier, it will make it harder
- B. The base of support is widened, increasing stability
- C. The force required to hold the position is reduced
- D. The effect of gravity is lessened through this modification

**11. A novice participant asks about the benefits of aerobic exercise for cardiovascular health. Which of the following statements is true?**

- A. Aerobic exercise increases the size of the stomach.
- B. Aerobic exercise provides no benefits for cardiovascular health.
- C. Aerobic exercise strengthens the heart and improves its ability to pump blood efficiently.
- D. Aerobic exercise decreases lung capacity.

**12. A GEI is helping her class understand the muscles involved in shoulder abduction. Which of the following muscles is primarily responsible for initiating this movement?**

- A. Pectoralis major
- B. Supraspinatus
- C. Deltoid
- D. Trapezius



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**13. A GEI is teaching a group of participants with visual impairments. Which of the following instructional considerations should be made for these individuals?**

- A. The instructor should only use auditory cues
- B. The instructor should only use tactile cues
- C. The instructor should only use kinesthetic cues
- D. The instructor could use a mixture of auditory and tactile cues

**14. A participant asks a GEI about the best exercises for improving glute strength. Which of the following movements should the GEI instruct this participant to perform?**

- A. Shoulder presses
- B. Calf raises
- C. Squats
- D. Bicep curls

**15. Which of the following is a notable disadvantage associated with yoga classes?**

- A. Yoga does not enhance relaxation or mental clarity.
- B. Yoga provides very few cardiovascular endurance benefits.
- C. Yoga does not improve these aspects. Coordination; Strength; Flexibility
- D. Yoga can only be performed with specialized equipment.

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**16. How does incorporating balance boards into group exercise classes affect the challenge level of exercises?**

- A. Increasing the resistance provided to the muscles
- B. Lowering the overall height of the participant
- C. Increasing the base of support
- D. Decreasing the stability of the surface on which the exercise is performed



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**17. Which of the following sequences represents the most ideal order for a total body workout?**

- A. Bench press, plank, barbell curls, deadlift, high knees
- B. Deadlift, pull-ups, step-ups, dumbbell shoulder press, tricep dips
- C. Deadlift, tricep dips, jumping jacks, bench press, stability ball leg curl
- D. Jumping jacks, resistance band bicep curls, stability ball squat thrust, kettlebell swing

**18. What is a potential consequence of failing to provide clear warm-up instructions before a group exercise session?**

- A. Higher energy levels during the workout
- B. Greater flexibility gains immediately after the class
- C. Enhanced cardiovascular endurance for all participants
- D. Increased risk of muscle strains and lower participant readiness

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**19. Which of the following is not a benefit of conducting a group fitness class outdoors?**

- A. Provides access to specialized gym equipment
- B. Encourages more engagement and motivation
- C. Offers exposure to fresh air and nature
- D. Varies the routine and prevents monotony

**20. How can you use the SMART goal-setting principle to plan a group exercise class?**

- A. With the SMART principle, you can develop emergency response procedures to use during exercise classes.
- B. The SMART principle helps you create an initial health assessment for new class members.
- C. The SMART principle helps create clear and achievable goals for a class by focusing on Specific, Measurable, Achievable, Relevant, and Time-bound objectives.
- D. The SMART principle allows you to outline a daily exercise schedule detailing every minute of activity.



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**21. Which of the following communication strategies in a team-based fitness class would most effectively engage participants with varied learning styles?**

- A. Demonstrating exercises, providing verbal instructions, and encouraging participants to self-assess their movements
- B. Using an overhead projector to show exercise routines, giving verbal feedback to each participant, and demonstrating the exercises
- C. Placing instructional posters around the studio, playing video tutorials, and demonstrating exercises without commentary
- D. Providing hands-on adjustments during exercises, demonstrating exercises, and asking participants to focus on form

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**22. What is the smallest structural unit of the nervous system?**

- A. Synapse
- B. Neuron
- C. Dendrite
- D. Axon

**23. What is the best definition of Transformational Leadership?**

- A. A leadership approach that inspires and motivates employees by creating a vision, fostering innovation, and leading by example
- B. A leadership style that focuses solely on the completion of tasks and rewards for specific performance metrics
- C. A type of leadership where strict adherence to routines and regulations is the primary focus
- D. A management technique that relies exclusively on controlling and supervisory oversight to maintain productivity

**24. Which of the following should be avoided when conducting high-intensity interval training (HIIT) with older adults?**

- A. Using resistance bands for resistance training
- B. Including low-impact aerobic exercises
- C. Performing exercises with improper form
- D. Incorporating rest periods after each exercise

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**25. What is the recommended noise level (in decibels) in a group exercise class to ensure a safe environment?**

- A. 70-85
- B. 60-70
- C. 85-100
- D. 100-120

**26. Which of the following is true about the ACSM guidelines for older adults starting a new exercise routine?**

- A. Intensity is generally more important to consider than consistency
- B. Intensity and consistency bear equal consideration
- C. Intensity is the only factor that matters; if a workout is tough enough, it doesn't matter how consistent it is
- D. Maintaining consistency in exercise is generally more important than focusing on intensity

**27. During a cool down session, a participant, Lisa, confides in you about their recent injury affecting their ability to do certain exercises. Later, another participant, Sarah, asks what Lisa was talking to you about. As the GEI, what is the best response you can give?**

- A. Tell Sarah it's none of her business
- B. Tell Sarah it was personal information. If she is more curious, she can ask Lisa themselves.
- C. Tell Sarah what Lisa told you, but tell her not to mention it to anyone else
- D. Tell Sarah what Lisa told you

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**28. Which of the following is not a benefit of incorporating dynamic stretching into a group exercise class?**

- A. Improved flexibility
- B. Increased blood flow
- C. Enhanced performance
- D. Increased muscle mass

**29. What is the primary function of a fire extinguisher in a group exercise setting?**

- A. A fire extinguisher helps to detect the presence of smoke in the area.
- B. A fire extinguisher is used to evacuate smoke from the room.
- C. A fire extinguisher alerts emergency services to a fire in the building.
- D. A fire extinguisher is used to control or extinguish small fires, preventing them from spreading.



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**30. During pregnancy, which of the following is the best exercise recommendation for minimizing the risk of complications?**

- A. Engaging in low-impact aerobic activities
- B. Participating in high-intensity interval training (HIIT)
- C. Refraining from any form of exercise
- D. Lifting heavy weights



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## Answer Key & Explanations

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### 1. D — Drawing the belly button towards the spine

Answer: Drawing the belly button towards the spine. Engaging the core involves activating the abdominal muscles to stabilize the spine. Rounding the shoulders forward or arching the lower back can compromise proper posture, while pointing the toes outward does not directly engage the core.

### 2. C — Quadriceps

Answer: Quadriceps The quadriceps are critical for explosive movements such as jumping and sprinting. Properly warming up these muscles can enhance performance and reduce the risk of injury.

### 3. C — Static, dynamic, ballistic

Answer: Static, dynamic, ballistic Flexibility training can be divided into static stretching (holding a stretch for a period), dynamic stretching (moving parts of your body through a full range of motion), and ballistic stretching (using the momentum of a moving body or limb to force it beyond its normal range of motion).

### 4. A — Water is not typically listed as a macronutrient on nutrition labels.

Answer: Water is not typically listed as a macronutrient on nutrition labels. Water, unlike carbohydrates, proteins, and fats, does not provide calories, which is why it is usually not listed as a macronutrient on nutrition labels.

### 5. C — 4

Answer: 4. The quadriceps group consists of 4 major muscles: Rectus Femoris, Vastus Lateralis, Vastus Medialis, and Vastus Intermedius.

### 6. D — The cardiovascular system is primarily responsible for the transport of oxygen and nutrients throughout the body.

Answer: The cardiovascular system is primarily responsible for the transport of oxygen and nutrients throughout the body. The cardiovascular system, consisting of the heart, blood vessels, and blood, plays a critical role in distributing oxygen, nutrients, and other essential substances to cells while removing waste products. Other systems like the digestive system break down food, and the endocrine system handles hormone production. There are three main types of blood vessels: arteries, veins, and capillaries.

### 7. B — The GEI should advise the participant to consult with a healthcare professional and to refrain from participating in further HIIT sessions until they have been evaluated.

Answer: The GEI should advise the participant to consult with a healthcare professional and to refrain from participating in further HIIT sessions until they have been evaluated. This participant may be experiencing an overuse injury due to the high frequency and intensity of exercise. The GEI is not qualified to diagnose such pain but should recognize the signs and recommend seeing a doctor.

### 8. A — Decrease holding time

Answer: Decrease holding time Decreasing the holding time will generally decrease the difficulty of the exercise. Lifting one leg off the ground will challenge the core stability, adding weight will increase the load, and increasing the holding time will make the exercise more physically demanding.



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**9. C — Increase in muscle size due to increase in muscle fiber size**

Answer: Increase in muscle size due to increase in muscle fiber size Muscle hypertrophy refers to the enlargement of muscle fibers, which leads to an increase in muscle size. This is typically achieved through resistance training and other forms of exercise.

**10. B — The base of support is widened, increasing stability**

Answer: The base of support is widened, increasing stability When the base of support is widened, the body's center of gravity is better supported, reducing the muscular effort required to maintain balance and hold the position. Gravity, torque, and other forces remain constant, but the increased stability makes the exercise less challenging.

**11. C — Aerobic exercise strengthens the heart and improves its ability to pump blood efficiently.**

Answer: Aerobic exercise strengthens the heart and improves its ability to pump blood efficiently. Aerobic exercise is known to enhance cardiovascular endurance and strengthen the heart muscles. It can help lower blood pressure, reduce bad cholesterol levels, and improve overall heart function, thereby increasing the heart's efficiency. On the contrary, aerobic exercise increases lung capacity, enhances overall fitness and does not affect the size of the stomach negatively.

**12. B — Supraspinatus**

The correct answer is Supraspinatus. The supraspinatus is a small muscle located at the top of the shoulder and is responsible for the initiation of shoulder abduction, while the deltoid muscle takes over as the movement continues.

**13. D — The instructor could use a mixture of auditory and tactile cues**

Answer: The instructor could use a mixture of auditory and tactile cues For a class that includes participants with visual impairments, visual cues are likely inappropriate. Therefore, the instructor should be sure to use as many auditory and tactile cues as possible so that participants don't become confused or lose track of the exercises they are performing.

**14. C — Squats**

Answer: Squats The gluteus muscles, particularly the gluteus maximus, are heavily engaged during the squatting motion. Squats are one of the most effective exercises for targeting and strengthening the glutes.

**15. B — Yoga provides very few cardiovascular endurance benefits.**

Answer: Yoga provides very few cardiovascular endurance benefits. Research indicates that the cardiovascular benefits of yoga are minimal and do not meet the suggested guidelines recommended by the ACSM. Yoga is beneficial for improving flexibility, strength, and relaxation, amongst other aspects. It can be performed using only a mat, making it a highly accessible form of exercise.

**16. D — Decreasing the stability of the surface on which the exercise is performed**

Answer: Decreasing the stability of the surface on which the exercise is performed Balance boards are tools used to add instability to exercises, enhancing difficulty. The unstable surface provided by these boards requires more control and engagement of stabilizing muscles. Balance boards do not add significant external resistance to limit movements, nor do they lower the participant's center of gravity. Instead, they challenge balance and coordination without expanding the base of support.

**17. B — Deadlift, pull-ups, step-ups, dumbbell shoulder press, tricep dips**

Answer: Deadlift, pull-ups, step-ups, dumbbell shoulder press, tricep dips There is never one correct way to



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do any exercise. However, there can be a more ideal or beneficial way. In this case, it is preferred that big, multi-joint movements are completed first, while clients are most fresh and ready to exercise. This means that single joint exercises should be performed after deadlifts or pull-ups. A detailed movement like a deadlift involves multiple muscle groups including the hamstrings, gluteus maximus, spinal erectors, and latissimus dorsi. Therefore, it should be performed early in the workout when muscle endurance and stability are at their peak.

**18. D — Increased risk of muscle strains and lower participant readiness**

Proper warm-up instructions are essential to prepare participants' muscles and joints for the exercise ahead. Without clear warm-up guidance, there is an increased risk of muscle strains and lower participant readiness, which can negatively impact the overall effectiveness and safety of the session.

**19. A — Provides access to specialized gym equipment**

Conducting a group fitness class outdoors does not provide access to specialized gym equipment, which is typically found indoors. However, it does encourage more engagement and motivation, offers exposure to fresh air and nature, and varies the routine, which helps prevent monotony.

**20. C — The SMART principle helps create clear and achievable goals for a class by focusing on Specific, Measurable, Achievable, Relevant, and Time-bound objectives.**

Answer: The SMART principle helps create clear and achievable goals for a class by focusing on Specific, Measurable, Achievable, Relevant, and Time-bound objectives. Specific goals clarify what is to be achieved. Measurable goals track progress. Achievable goals are realistic. Relevant goals align with broader objectives. Time-bound goals set a clear timeframe for achievement. This framework aids in planning a structured and effective group exercise program.

**21. A — Demonstrating exercises, providing verbal instructions, and encouraging participants to self-assess their movements**

Answer: Demonstrating exercises, providing verbal instructions, and encouraging participants to self-assess their movements This approach would cater to visual (demonstrations), auditory (verbal instructions), and kinesthetic (self-assessment) learners. Using an overhead projector, giving verbal feedback, and demonstrating exercises: This only engages visual and auditory learners, neglecting kinesthetic learners. Placing instructional posters, playing video tutorials, and demonstrating exercises without commentary: This mainly engages visual learners. Providing hands-on adjustments during exercises, demonstrating exercises, and asking participants to focus on form: This primarily engages visual and kinesthetic learners.

**22. B — Neuron**

Answer: Neuron The smallest structural unit of the nervous system is the neuron. It consists of various parts including the cell body, dendrites, and an axon, which work together to transmit nerve impulses.

**23. A — A leadership approach that inspires and motivates employees by creating a vision, fostering innovation, and leading by example**

Answer: A leadership approach that inspires and motivates employees by creating a vision, fostering innovation, and leading by example Transformational Leadership emphasizes creating a positive change in employees and the organization by inspiring and motivating them. It involves leaders who become role models, create a sense of belonging and drive, and encourage innovation.

**24. C — Performing exercises with improper form**

Answer: Performing exercises with improper form Improper form during exercises can significantly increase



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the risk of injury, particularly in older adults. It is crucial to ensure correct form to prevent strain and potential harm.

**25. A — 70-85**

Answer: 70-85 The recommended noise level for a group exercise class is between 70 and 85 decibels to ensure participant safety and prevent hearing damage.

**26. D — Maintaining consistency in exercise is generally more important than focusing on intensity**

Answer: Maintaining consistency in exercise is generally more important than focusing on intensity For older adults beginning a new exercise routine, it's crucial to establish a habit of regular physical activity. While intensity can be increased later, consistency is the most important factor early on.

**27. B — Tell Sarah it was personal information. If she is more curious, she can ask Lisa themselves.**

Answer: Tell Sarah it was personal information. If she is more curious, she can ask Lisa themselves. The most appropriate answer, according to ACSM ethical guidelines, would be to not disclose someone else's personal information. If another participant is curious, they can ask themselves. If you are told something in confidence, especially when medical issues are involved, it is best to not say anything to others unless you are given direct permission to talk about it.

**28. D — Increased muscle mass**

Answer: Increased muscle mass While dynamic stretching has many benefits, such as improving flexibility, increasing blood flow, and enhancing performance, it is not specifically known for increasing muscle mass. Dynamic stretching is more about preparing the body for exercise rather than building muscle.

**29. D — A fire extinguisher is used to control or extinguish small fires, preventing them from spreading.**

Answer: A fire extinguisher is used to control or extinguish small fires, preventing them from spreading. The primary function of a fire extinguisher is to control or extinguish small fires in the initial stages. This is crucial in situations such as gym settings where electrical equipment and other potential fire hazards are present. Proper training and usage of fire extinguishers can prevent small fires from becoming large, uncontrolled, and dangerous.

**30. A — Engaging in low-impact aerobic activities**

Answer: Engaging in low-impact aerobic activities Low-impact aerobic activities are recommended during pregnancy to reduce the risk of complications while keeping the body active and healthy. It's almost never advised to completely avoid exercise unless under specific medical direction.



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