



# ITTEST

QUESTION & ANSWER

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**Exam** : **010-111**

**Title** : ACSM Certified Personal  
Trainer

**Version** : DEMO

- 1.What is the function of the tricuspid valve?
- A.It acts as a pacemaker.
  - B.To pump blood through the heart.
  - C.Prevents backflow of blood to the left atrium.
  - D.Prevents backflow of blood to the right atrium.

**Answer: D**

- 2.What is the fundamental unit of muscle contraction?
- A.Myofibril
  - B.Sarcomere
  - C.Myosin
  - D.Sarcolemma

**Answer: B**

- 3.Which chamber of the heart is responsible for pumping oxygenated blood to the body?
- A.Right ventricle
  - B.Left ventricle
  - C.Right atrium
  - D.Left atrium

**Answer: B**

- 4.What is the natural curve in the lumbar region of the spine?
- A.Kyphotic curve
  - B.Scoliotic curve
  - C.Lordotic curve
  - D.Myotic curve

**Answer: C**

- 5.Adenosine triphosphate production via "anaerobic" glycolysis is associated with the significant formation of what by-product?

- A.Pyruvic Acid
- B.Phosphoric Acid
- C.Citric Acid
- D.Lactic Acid

**Answer: D**

- 6.The changes in muscle size associated with long-term resistance training is most likely due to increases in \_\_\_\_\_.

- A.muscle fiber cross-sectional diameter.
- B.muscle fiber number.
- C.connective tissue thickness.
- D.hydratation state of the muscle.

**Answer: A**

7. Downhill walking/jogging/running is characterized by eccentric activation of which of the following muscle groups?

- A. Hamstrings
- B. Gastrocnemius
- C. Brachioradialis
- D. Quadriceps femoris

**Answer: D**

8. What is the typical resting blood pressure response to long term aerobic exercise in a hypertensive individual?

- A. Both systolic and diastolic pressures will increase.
- B. Both systolic and diastolic pressures will decrease.
- C. Systolic will increase, while diastolic will remain unchanged.
- D. Systolic will decrease, while diastolic will remain unchanged.

**Answer: B**

9. How does heart rate increase in relation to work rate and oxygen uptake during dynamic exercise?

- A. Exponentially
- B. Linearly
- C. Curvilinearly
- D. Inversely

**Answer: B**

10. Which cardiovascular training approach, if repeated frequently, is most likely going to lead to overtraining?

- A. One intensive day followed by three easy days.
- B. One long day followed by three shorter duration days.
- C. Two consecutive intensive days, followed by one easy day.
- D. A medium intensive day followed by two easy days.

**Answer: C**

11. What feature is unique to skeletal muscle as compared to cardiac muscle?

- A. Absence of striations
- B. Presence of branching
- C. Requires nervous system stimulation
- D. Presence of intercalated disks

**Answer: C**

12. What is the correct path of blood flow through the chambers of the heart?

- A. Left ventricle; left atrium; right atrium; right ventricle.
- B. Right ventricle; right atrium; left atrium; left ventricle.
- C. Left atrium; right atrium; left ventricle; right ventricle.
- D. Right atrium; right ventricle; left atrium; left ventricle.

**Answer: D**

13.What respiratory muscles can cause forceful expiration?

- A.External intercostals
- B.Pectoralis minor
- C.Sternocleidomastoid
- D.Internal intercostals

**Answer: D**

14.Which of the following occurs when walking or running up an incline?

- A.Greater flexibility of the soleus
- B.Lesser force of action from the gluteus maximus
- C.Lesser force of action of the knee extensors
- D.Lesser flexibility of the plantar flexors

**Answer: A**

15.What two muscles, along with the supraspinatus and infraspinatus, make up the rotator cuff?

- A.Teres minor and scalenus
- B.Teres minor and subscapularis
- C.Teres major and scalenus
- D.Teres major and subscapularis

**Answer: B**

16.What muscle action will most likely induce delayed onset muscle soreness?

- A.Concentric
- B.Eccentric
- C.Isometric
- D.Isotonic

**Answer: B**

17.What occurs to a muscle during the eccentric movement phase of an exercise?

- A.Shortens while contracting
- B.Shortens while relaxing
- C.Lengthens while relaxing
- D.Lengthens while contracting

**Answer: D**

18.What is the primary muscle group involved in trunk flexion while standing during the eccentric phase of the movement?

- A.Iliopsoas
- B.Rectus Abdominis
- C.Erector Spinae
- D.Biceps Femoris

**Answer: C**

19.What muscle extends the forearm?

- A.Supinator teres
- B.Pronator teres
- C.Biceps brachii
- D.Triceps brachii

**Answer: D**

20.What is the term used to describe the body's ability to utilize oxygen during exercise?

- A.Lactate threshold
- B.Anaerobic threshold
- C.Anaerobic capacity
- D.Oxygen consumption

**Answer: D**