ACSM's Resources for the Personal Trainer 5th edition American College of Sports Medicine Test Bank

SKU: 9781496322890-TEST-BANK

1. According to the American Heart Association, what is the number one health concern among U.S. parents?
   A) Smoking
   B) Drug use
   C) Obesity
   D) Bullying

2. True or false? After achieving the ACSM Certified Personal Trainer certification, the fitness professional does not need to pursue any continuing education.
   A) True
   B) False

3. True or false? Most legitimate certifications require certified professionals to accumulate CECs and CEUs to recertify.
   A) True
   B) False

4. True or false? The ACSM Certified Personal Trainer must have a minimum of a bachelor's degree.
   A) True
   B) False

5. True or false? Medical fitness centers (MFCs) are likely to keep on experiencing continued growth, serving over 4 million people by 2015.
   A) True
   B) False

6. True or false? The National Commission for Certifying Agencies (NCCA) is an independent, nongovernmental agency that accredits professional certifications in a variety of professions.
   A) True
   B) False

7. The acronym WHP stands for:
   A) worker health programs.
   B) with high probability.
   C) worksite health promotion.
   D) work-related healthy production.

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8. According to IHRSA, the majority of health club members:
   A) work in medical fitness facilities.
   B) are elderly individuals at high risk.
   C) live within a 10- to 12-minute drive time from home to the club.
   D) have never exercised before joining the health club.

9. It is likely that an ACSM Certified Personal Trainer would perform any or all of the following tasks EXCEPT:
   A) Help clients set realistic goals and provide motivation for adherence to the program.
   B) Analyze clients' diets and use of supplements in order to design nutrition programs for them.
   C) Maintain records of clients' progress or lack thereof with respect to exercise prescription.
   D) Supervise or “spot” clients when they are performing exercise movements.

10. ACSM/NCPAD Certified Inclusive Fitness Trainer (CIFT) certification has minimum requirements of:
   A) current ACSM certification or current NCCA-accredited, health/fitness-related certification.
   B) associate's degree plus 300 hours of fitness testing experience under a certified CIFT.
   C) bachelor's degree plus 500 hours of experience with various populations.
   D) bachelor's degree plus 100 hours of fitness testing and 100 hours of exercise prescription experience.

11. Based on information from IHRSA and estimates of the U.S. population, the total number of health club members represents ____ of the population.
   A) 4%–5%
   B) 9%–10%
   C) 14%–15%
   D) 19%–20%

12. The region of the United States with low leisure time activity and high rates of obesity and diabetes is:
   A) Southeast.
   B) Midwest.
   C) Northeast.
   D) West.

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13. The ACSM American Fitness Index (AFI) is:
    A) a screening tool used by Personal Trainers to stratify clients into cardiovascular risk categories.
    B) a program to help cities understand how their residents' health compares to other cities nationwide.
    C) a self-test that clients use to rate their fitness relative to others in their age group.
    D) an initiative for individuals to self-screen their own fitness levels.

14. Communication includes verbal as well as ____ elements.
    A) Nonverbal (visual, kinesthetic)
    B) Nonunderstandable (confusing/conflicting)
    C) Intuitive (simply understood)
    D) Encouraging (showing enthusiasm)

15. ACSM Certified Personal Trainers need to obtain ____ CEUs every ____ years, along with a nominal administrative fee to be recertified.
    A) 10; 2
    B) 45; 3
    C) 50; 4
    D) 100; 10

16. All of the following are major goals of worksite health promotion except:
    A) Reduce modifiable risk factors.
    B) Provide recreational opportunities for employees.
    C) Improve a person's overall health status.
    D) Reduce demand for health care costs.

17. Which of the following is NOT one of the responsibilities ACSM certified professionals have to the public?
    A) Providing exercise information in a manner than is consistent with evidence-based science
    B) Attempting to sell clients ergogenic aids as fitting to the client, such as nutritional supplements, exercise equipment, or clothing
    C) Respecting the rights of clients, colleagues, and health care professionals
    D) Keeping client information confidential, not to be communicated to a third party without the client's written consent or as required by law

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18. All of the following are examples of not-for-profit organizations with fitness centers EXCEPT:
    A) Jewish Community Centers (JCCs).
    B) locally owned fitness franchises.
    C) Young Men's Christian Associations (YMCAs).
    D) municipal and military fitness facilities.

19. ACSM Certified Personal Trainer Performance Domains include all of the following EXCEPT:
    A) Initial client consultation and assessment
    B) Exercise programming and implementation
    C) Nutritional assessment and dietary/supplement recommendations
    D) Exercise leadership and client education

20. Upon being certified by the ACSM, a Personal Trainer:
    A) cannot be stripped of his or her certification for the first 2 years.
    B) may share his or her credential status with clients to establish professional qualifications.
    C) will remain certified as long as he or she attends one professional meeting each year.
    D) can work with any type of client, regardless of existing or past health or medical conditions.

21. The ACSM Certified Exercise Physiologist requires a minimum of:
    A) a high school diploma or equivalent.
    B) an associate's degree.
    C) bachelor's degree.
    D) master's degree.

22. Centers for Disease Control and Prevention (CDC) data show that ____ of U.S. adults are insufficiently active or totally inactive.
    A) Less than 20%
    B) Approximately 30%
    C) More than half
    D) Nearly 80%

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23. Exercise is Medicine certificate designation is available, with some stipulations/requirements, for:
    A) only physicians and other licensed health care providers.
    B) patients who have completed a treatment program including exercise.
    C) individuals currently certified by a NCCA accrediting organization.
    D) anyone with a certification related to fitness or exercise.

24. For the Personal Trainer, the exercise sciences:
    A) are not an area of interest for most Personal Trainers practicing in the field.
    B) are a fundamental component of the Personal Trainer's knowledge.
    C) include a limited, specific group of college-level courses in gross anatomy, biology, physics, and cognitive psychology.
    D) are typically understood intuitively and thus are considered to be well-known facts.

25. All of the following statements regarding ACSM Certified Personal Trainers are true EXCEPT:
    A) They are subject to the ACSM Committee on Certification and Registry Boards (CCRB) ruling on potential ethical violations.
    B) They should be committed to ongoing education to improve their skills and continue to meet the growing needs of the general population.
    C) They are well positioned to help clients from various walks of life and fitness backgrounds achieve their goals.
    D) They are only subject to regional laws regarding Personal Training scope of practice and liability.

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Answer Key

1. C
2. B
3. A
4. B
5. A
6. A
7. C
8. C
9. B
10. A
11. C
12. A
13. B
14. A
15. B
16. B
17. B
18. B
19. C
20. B
21. C
22. B
23. C
24. B
25. D

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