

010-111

ACSM

ACSM certified Personal Trainer

OfficialCerts.com is a reputable IT certification examination guide, study guides and audio exam provider. We ensure that you pass your 010-111 exam in first attempt and also get high scores to acquire ACSM certification.

If you use OfficialCerts 010-111 Certification questions and answers, you will experience actual 010-111 exam questions/answers. We know exactly what is needed and have all the exam preparation material required to pass the exam. Our ACSM exam prep covers over 95% of the questions and answers that may be appeared in your 010-111 exam. Every point from pass4sure 010-111 PDF, 010-111 review will help you take ACSM 010-111 exam much easier and become ACSM certified.

Here's what you can expect from the OfficialCerts ACSM 010-111 course:

- * Up-to-Date ACSM 010-111 questions as experienced in the real exam.*
- * 100% correct ACSM 010-111 answers you simply can't find in other 010-111 courses.*
- * All of our tests are easy to download. Your file will be saved as a 010-111 PDF.*
- * ACSM 010-111 brain dump free content featuring the real 010-111 test questions.*

ACSM 010-111 certification exam is of core importance both in your Professional life and ACSM certification path. With ACSM certification you can get a good job easily in the market and get on your path for success. Professionals who passed ACSM 010-111 exam training are an absolute favorite in the industry. You will pass ACSM 010-111 certification test and career opportunities will be open for you.

<http://news.ift.org/?newsid=exams.asp?examcode=010-111>



Section 1: Sec One (1 to 33)

Details:

Anatomy and Biomechanics

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 ridiculous

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.

OfficialCerts.com Certification Exam Full Version Features;

- Verified answers researched by industry experts.
- Exams **updated** on regular basis.
- Questions, Answers are downloadable in **PDF** format.
- **No authorization** code required to open exam.
- **Portable** anywhere.
- 100% success **Guarantee**.
- **Fast**, helpful support 24x7.

View list of All exams we offer;

<http://www.officialcerts.com/allexams.asp>

To contact our Support;

<http://www.officialcerts.com/support.asp>

View FAQs

<http://www.officialcerts.com/faq.asp>

Download All Exams Samples

<http://www.officialcerts.com/samples.asp>

To purchase Full Version and updated exam;

<http://www.officialcerts.com/allexams.asp>



Shop now using **PayPal**



3COM	CompTIA	Filemaker	IBM	LPI	OMG	Sun
ADOBE	ComputerAssociates	Fortinet	IISFA	McAfee	Oracle	Sybase
APC	CWNP	Foundry	Intel	McData	PMI	Symantec
Apple	DELL	Fujitsu	ISACA	Microsoft	Polycom	TeraData
BEA	ECCouncil	GuidanceSoftware	ISC2	Mile2	RedHat	TIA
BICSI	EMC	HDI	ISEB	NetworkAppliance	Sair	Tibco
CheckPoint	Enterasys	Hitachi	ISM	Network-General	SASInstitute	TruSecure
Cisco	ExamExpress	HP	Juniper	Nokia	SCP	Veritas
Citrix	Exin	Huawei	Legato	Nortel	See-Beyond	Vmware
CIW	ExtremeNetworks	Hyperion	Lotus	Novell	Google	

You have made the
Right Choice

You are becoming member of most comprehensive, accurate, highest quality and lowest cost certification resource in the world.

