

ACSM Certification 010-111

ACSM certified Personal Trainer

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Version: 8.0

Topic 1, Volume A

Question: 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

Question: 2

What is the fundamental unit of muscle contraction?

- A. Myofibril
- B. Sarcomere
- C. Myosin
- D. Sarcolemma

Answer: B

Question: 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

Question: 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

Question: 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

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