Fitness

ACSM-GEI

American College of Sports Medicine: Certified Group Exercise Instructor®

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Question: 1

A client comes to you during a rest period and says body weight squats feel easy. Which of the following options will not progress the difficulty of the exercise?

A. Decrease ROM
B. Increase speed
C. Include a vertical jump after the squat
D. Increase ROM

Answer: A

Explanation:
Decreasing active ROM will generally decrease the difficulty of an exercise.
Making the movement more explosive by progressing to a squat jump will quickly increase HR and require more energy. Increasing speed or ROM will both make the movement more challenging.

Question: 2

Which of the following is not a legal line of defense?

A. Release form
B. Professional liability insurance
C. CPR/AED certification
D. Client verbal consent

Answer: D

Explanation:
It is very important to have documentation of your qualifications, insurance, and a client's written consent in order to safely practice as a personal trainer or GEI.
Verbal consent is generally not good enough, as there is usually no proof that consent was given.

Question: 3

Which of the following exercises would be most appropriate to include in a kettlebell class for beginners?

A. Two arm kettlebell swings with light weight
B. Single arm kettlebell swings with mid-air hand switches
C. Max effort double kettlebell clean and press

D. Kettlebell snatches with heavy weight

Answer: A

Explanation:
The kettlebell swing is the most foundational exercise associated with this exercise tool. However, it can be hard to perform the exercise correctly for beginners. Kettlebell classes should encourage light weight and a focus on form for beginners before they advance to more complex movements and heavier weights.
Kettlebell snatches with heavy weight could result in a beginner injuring their shoulder, back, or another area. Mid-air switches require considerable comfort with the kettlebell and would be inappropriate for most beginners. Max effort double kettlebell presses would be very difficult for most beginners, and they may lose form, leading to injury.

Question: 4

How can you apply the FITT principle to a group fitness class?

A. The FITT principle will allow you to outline safety procedures in the instance of an injury during class
B. The FITT principle will allow you to create an overarching outline for your class, from the amount of days of exercise to the type of exercise executed and the intensity at which your clients will perform at
C. The FITT principle will help you create a health screening test for new clients
D. With the FITT principle, you can design a specific program for your class to follow; outlining all exercises and their progressions

Answer: B

Explanation:
The FITT principle is an acronym for Frequency, Intensity, Time, and Type. The main goal of using it is to create a general outline for a workout routine. Frequency refers to how many days per week the class will be held. Intensity, while seemingly self explanatory, can refer to volume and amount of weight lifted in a strength class. In terms of cardio classes, it can refer to heart rate. The next parameter is Time. This should be manipulated based on what type of exercise is being performed. Lastly, Type refers to what specific kind of exercise you will be having your class do, be it cardio, strength, dance or some combination of multiple disciplines.
The FITT principle is meant to help make a broad outline of class design. Once you have done that, then you must create a more specific program to follow. The FITT principle does not outline safety procedures or provide guidelines for a health screen test.

Question: 5

Which plane of motion are jumping jacks performed in?

A. Transverse
B. Angular
C. Frontal

D. Sagittal

Answer: C

Explanation:
The frontal plane divides the body into anterior and posterior halves and thus, jumping jacks fall into that category.
The sagittal plane divides the body into left and right halves, while the transverse plane divides the body into superior and inferior halves. There is no angular plane.

Question: 6

The use of physioballs during group exercise classes tends to increase the difficulty of an exercise in which of the following ways?

A. Decreasing the stability of the surface the exercise is performed on
B. Providing significant extra resistance
C. Increasing the base of support
D. Lowering the center of gravity

Answer: A

Explanation:
Physioballs are large apparatuses that can be used effectively for nearly every population that attends a group fitness class. They increase the difficulty of an exercise by reducing the stability one would normally have from the ground or other non-moving surface.
Physioballs are generally very light and provide little added resistance. Lowering the center of gravity tends to make exercises easier; physioballs do not inherently lower the center of gravity of a participant or of a movement. Increasing the base of support often makes an exercise easier; stability balls do not inherently increase the base of support of a participant or of a movement.

Question: 7

A participant is interested in trying a low-fat diet. Which of the following is true of dietary fat consumption?

A. Fat provides energy in the form of 9 calories per gram
B. Fat should make up more than 40% of caloric intake
C. There are no "healthy fats"
D. Fat is made up of amino acids and monosacarrides

Answer: A

Explanation:

Fat provides roughly double the amount of energy found in proteins and carbs. As a result, a low fat diet fad developed a few decades ago, indicating that people should eat low amounts of fat if they want to lose weight. However, some fat intake is necessary for optimal health.
Fat should make up less than 30% of one's diet. Fat is made up of glycerol and fatty acids. Omega 3 and Omega 6 fatty acids are considered to be healthy.

Question: 8

Which of the following is an exercise consideration for pregnant women, according to the ACSM?

A. Avoiding cardiovascular exercise
B. Avoiding isotonic movements
C. Avoiding eccentric movements
D. Avoiding isometric movements

Answer: D

Explanation:
Because of the cardiovascular changes seen in pregnant women, avoiding isometric exercise is an important consideration.
Isotonic exercises and those including eccentric and concentric movements are perfectly safe (as long as they are appropriately scaled). Low to moderate intensity cardiovascular exercise is also appropriate and safe for women who are pregnant.

Question: 9

When performing a bodyweight row on a suspension trainer, which of the following modifications would make the exercise more difficult?

A. Performing partial repetitions
B. Performing pushups with the feet resting on the suspension trainer's handles
C. Walking the feet forward so that the body is parallel with the ground during the exercise
D. Walking the feet backward so that the body is almost perpendicular to the ground during the exercise

Answer: C

Explanation:
When performing bodyweight exercises, the main resistance consideration deals with gravity. By walking the feet forward, and creating a parallel body position during the row, participants effectively increase the difficulty of the exercise.
Performing the bodyweight row with the participant's body perpendicular to the ground would make the exercise much easier, as gravity would have very little effect on the movement. Performing pushups would change the exercise entirely, it would not make the row harder. Performing partial repetitions would make the exercise easier.

Question: 10

Movements used during a group exercise class should progress in which of the following ways?

A. Simple to complex
B. Isometric to isotonic
C. Frontal plane-based movements to sagittal plane-based movements, to transverse plane-based movements
D. Complex to simple

Answer: A

Explanation:
Movements should begin very simply, then slowly progress to more complicated maneuvers as the class progresses.
In terms of joint angle and isotonic/isometric exercises, the goal of the class will dictate when and if these different types of movements should be incorporated into the class. There is no preferred order of planes in which participants should exercise.

Question: 11

Which of the following is correct concerning heart rate?

A. Heart rate is the measurement of the pressure exerted on the vessel walls while the heart is at rest
B. Heart rate is measured in mmHg (millimeters of mercury)
C. Heart rate is essentially a measurement of the amount of force placed on vessel walls as the blood flows through the body
D. Heart rate is measured in beats per minute

Answer: D

Explanation:
Heart rate, or pulse, is a measure of how many times the heart beats within one minute. Often, clinicians or GEIs will measure heart rate in shorter intervals, such as 30 seconds, then multiply in order to determine beats per minute.
Blood pressure is measured in mmHg. Blood pressure is a measurement of the amount of force placed on vessel walls. Diastolic blood pressure is a measurement of the amount of force placed on vessel walls while the heart is at rest.

Question: 12

Which of the following is not one of the six most common starting positions for a stepping pattern?

A. Standing diagonal to the step

B. Standing astride the step
C. Standing behind the step
D. Kneeling behind the step

Answer: D

Explanation:
Generally, kneeling will not be a major part of a stepping pattern in a step class. The six major starting positions (all in standing) are:
1. Behind the step
2. In front of the step
3. To the side of the step
4. At the end of the step
5. Diagonal to the step
6. Astride the step

Question: 13

Which of the following is true of stretching during an indoor cycling class?

A. Stretching during a cycling class should be ballistic in nature
B. Stretching both the upper and lower body should be done on the bike in order to save time
C. Stretching needs to be done off of the bike
D. Stretching for the upper body can be performed on the bike, during or after the cool down

Answer: C

Explanation:
Stretching on the bike presents serious safety hazards which can easily by avoided by stretching on the ground after the class.
Ballistic stretching is generally considered inappropriate for most individuals, as it can lead to injury. All body parts should be stretched off of the bike.

Question: 14

Consider the structure of a sarcomere. What section is composed of only thin filaments?

A. H zone
B. Z line
C. I band
D. A band

Answer: C

Explanation:

The I band contains only thin filaments; also called actin.

Question: 15

Which of Newton's laws describes acceleration?

A. 1st law
B. 2nd law
C. 4th law
D. 3rd law

Answer: B

Explanation:
Newton's 2nd law tells us that change in motion is proportional and in the same direction as the force applied. However, it is inversely proportional to the mass, meaning as mass increases, acceleration will decrease. We can see this depicted in the function: force = mass x acceleration (F=MA).
Newton's 3rd law is the law of reaction. A good example is when the biceps brachii exerts an isometric force on a dumbbell. The dumbbell is exerting an equal and opposite force. Therefore, the dumbbell does not move.
Newton's 1st law is the law of inertia. In order for a weight or object to move from rest, an external force must be applied.

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