

ACSM-CPT Practice Test Questions and Answers

1. What is cardiac output?

- A) Volume of blood ejected per beat
- B) Heart rate multiplied by stroke volume
- C) Maximum oxygen consumed per minute
- D) Diastolic minus systolic pressure

2. What does VO₂ max represent?

- A) Maximum heart rate during exercise
- B) Maximum volume of oxygen the body can use during intense exercise
- C) Maximum carbon dioxide produced at rest
- D) Maximum blood lactate concentration

3. What is the sliding filament theory?

- A) The mechanism by which actin and myosin filaments slide past each other to produce muscle contraction
- B) The theory that muscles grow by adding new fibers
- C) The principle of muscle fiber type conversion during training
- D) The mechanism of nerve impulse transmission to muscles

4. Which structure connects muscle to bone?

- A) Ligament
- B) Tendon
- C) Fascia
- D) Cartilage

Answers: 1-B 2-B 3-A 4-B

For More ACSM-CPT Questions and Answers FREE, ACSM-CPT Online Prep Training, ACSM-CPT Exam, ACSM-CPT Study Guide, ACSM-CPT Flashcards, ACSM-CPT Quizzes visit:

ACSM-CPT Practice Test