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Vendor:ACSM

Exam Code:020-222

Exam Name:ACSM Health/Fitness Instructor Exam

Version:Demo

QUESTION 1

Fire, bloodborne pathogens, and power outage should all be included in

- A. Facility insurance.
- B. Safety plans.
- C. Maintenance plans.
- D. Testing by the facility and staff.

Correct Answer: B

QUESTION 2

Which of the following is NOT considered to be an absolute contraindication to exercise testing?

- A. Unstable angina
- B. Psychosis.
- C. Suspected myocarditis.
- D. Moderate valvular heart disease.

Correct Answer: D

QUESTION 3

The emergency response system (EMS) is:

- A. The combination of the ambulance and the emergency room.
- B. Critical for the staff to be able to respond adequately to an emergency.
- C. The protocol used to practice safety plans.
- D. Required by most health departments.

Correct Answer: B

QUESTION 4

A client must be given specific instructions for the days preceding a fitness assessment. Which of the following is NOT a necessary instruction to a client for a fitness assessment?

- A. Men and women should avoid liquids for 12 hours before the test.
- B. Clients should be instructed to avoid alcohol, tobacco products, or caffeine at least 3 hours before the test.
- C. Clients should avoid strenuous exercise or physical activity on the day of the test.
- D. Men and women should be instructed to get an adequate amount of sleep the night before the assessment.

Correct Answer: A

QUESTION 5

An equipment maintenance plan should include

- A. A floor plan.
- B. A client advisory statement.
- C. A document that records maintenance and repair history.
- D. Temperature and humidity readings.

Correct Answer: C

QUESTION 6

Weight room safety should include

- A. A phone.
- B. Lifting gloves and back belts.
- C. Male trainers to help with spotting.
- D. Safe passageways and use of the buddy system.

Correct Answer: D

QUESTION 7

A "cold spot" detected in the inferior portion of the left ventricle during a stress test that resolves 3 hours later most likely indicates

- A. An old inferior MI.
- B. A MI that is healing.
- C. Reversible myocardial ischemia.
- D. The need for multiple bypass surgery.

Correct Answer: C

QUESTION 8

What are some of the risks for musculoskeletal injury?

- A. Poor Signage in the facility.
- B. Extrinsic factors ?intensity, terrain, equipment.
- C. Intrinsic factors-frequency, attitude, ender.
- D. Membership type

Correct Answer: B

QUESTION 9

Relative contraindications for exercise testing are conditions for which

- A. A physician should be present during the testing procedures.
- B. Exercise testing should not be performed until the condition improves.
- C. Exercise testing will not provide accurate assessment of health-related fitness.
- D. Professional judgment about the risks and benefits of testing should determine whether to conduct an assessment.

Correct Answer: D

QUESTION 10

How can exercise equipment add to the risk of participation?

- A. Because it is e) pensive.
- B. Because it is hard to move.
- C. Because it is used incorrectly.
- D. Because of the time one waits to use it.

Correct Answer: C

QUESTION 11

Category 1 medications include all of the following EXCEPT

- A. Lidocaine.
- B. Oxygen.
- C. Xylocaine.
- D. Epinephrine.

Correct Answer: C

QUESTION 12

Complaints of pain in the chest with associated pain radiating down the left arm may be signs of

- A. Cardiac crisis.
- B. Hypotension.
- C. Seizure.
- D. Heartburn.

Correct Answer: A