

100% Money Back
Guarantee

Vendor:ACSM

Exam Code:040-444

Exam Name:ACSM Registered Clinical Exercise
Physiologist

Version:Demo

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.

Correct Answer: A

QUESTION 2

Cartilage is categorized as which of the following types of connective tissue?

- A. Loose.
- B. Dense.
- C. Fluid.
- D. Supporting.

Correct Answer: D

QUESTION 3

In response to regular resistance training,

- A. Older men and women demonstrate similar or even greater strength gains when compared to younger individuals.
- B. Younger men have greater gains in strength than older men.
- C. Younger women have greater gains in strength than older women.
- D. Younger men and women demonstrate similar or greater strength gains compared to older persons.

Correct Answer: A

QUESTION 4

Which of the following is an example of participant interaction as part of the supportive role of a manager?

- A. Offering a shoulder on which to cry.
- B. Conducting surveys, and responding to client needs.

- C. Encouraging members to "let go" in exercise classes.
- D. Having members teach classes.

Correct Answer: B

QUESTION 5

Budgets are designed to

- A. Make management happy.
- B. Determine if a program is viable.
- C. Save money.
- D. Teach managers about cost analysis.

Correct Answer: B

QUESTION 6

Which of the following will increase stability?

- A. Lowering the center of gravity.
- B. Raising the center of gravity.
- C. Decreasing the base of support.
- D. Moving the center of gravity farther from the edge of the base of support.

Correct Answer: A

QUESTION 7

Standard sites for the measurement of skinfolds include the

- A. Medial thigh.
- B. Biceps.
- C. Infrailiac.
- D. Forearm.

Correct Answer: B

QUESTION 8

The concept of shaping refers to

- A. Using self-monitoring techniques (e.g., exercise logs).
- B. Using visual prompts (e.g., packing a gym bag the night before) as reminders to exercise.
- C. The process for establishing self-efficacy.
- D. Setting intermediate goals that lead to a long-term goal.

Correct Answer: D

QUESTION 9

The simplest and most rapid method to produce ATP during exercise is through

- A. Glycolysis.
- B. The ATP-PCr system.
- C. Aerobic metabolism.
- D. Glycogenolysis.

Correct Answer: B

QUESTION 10

Which of the following situations indicates progression to independent and unsupervised exercise for a client after CABG surgery in an outpatient program?

- A. The client exhibits mild cardiac symptoms of angina, occurring intermittently during exercise and sometimes at home while reading.
- B. The client has a functional capacity of greater than 8 MET with hemodynamic responses appropriate to this level of exercise.
- C. The client is noncompliant with smoking cessation and weight loss intervention programs.
- D. The client is unable to palpate HR, deliver RPEs, or maintain steady workload intensity during activity.

Correct Answer: B

QUESTION 11

The deficiency of blood flow to the myocardium that results when oxygen demand exceeds oxygen supply is known as

- A. Infarction.
- B. Angina.

C. Ischemia.

D. Thrombosis.

Correct Answer: C

QUESTION 12

What is OSHA?

A. A state agency that licenses medical facilities.

B. A federal agency that sets standards for staff and patient safety.

C. An agency that certifies a managed care organization.

D. A state agency that inspects emergency protocols within medical facilities.

Correct Answer: B