



ACSM

020-222 Exam

ACSM Health/Fitness Instructor Exam

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Question: 1

A client's health screening should be administered before

- A. Any contact with the client.
- B. Any physical activity by the client at your facility.
- C. Fitness assessment or programming.
- D. The initial "walk-through" showing of a facility.

Answer: B

Question: 2

A well-designed consent document developed in consultation with a qualified legal professional provides your facility with

- A. Documentation of a good-faith effort to educate your clients.
- B. Legal documentation of a client's understanding of assessment procedures.
- C. Legal immunity against lawsuits.
- D. No legal benefit.

Answer: A

Question: 3

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.

Answer: D

Question: 4

A male client is 42 years old. His father died of a heart attack at age 62. He has a consistent resting blood pressure (measured over 6 weeks) of 132/86 mm Hg and a total serum cholesterol of 5.4 mmol/L. Based on his CAD risk stratification, which of the following activities is appropriate?

- A. Maximal assessment of cardiorespiratory fitness without a physician supervising.
- B. Sub maximal assessment of cardiorespiratory fitness without a physician supervising.

- C. Vigorous exercise without a previous medical assessment.
- D. Vigorous exercise without a previous physician-supervised exercise test.

Answer: C

Question: 5

During calibration of a treadmill, the belt length was found to be 5.5 m. It took 1 minute and 40 seconds for the belt to travel 20 revolutions. What is the treadmill speed?

- A. 4 m/min.
- B. 66 m/min.
- C. 79 m/min.
- D. 110 m/min.

Answer: B

Question: 6

Which of the following would most appropriately assess a previously sedentary, 40-year-old female client's muscular strength?

- A. Using a 30-pound (18-kg) barbell to perform biceps curls to fatigue.
- B. Holding a handgrip dynamometer at 15 pounds (7 kg) to fatigue.
- C. Performing modified curl-ups to fatigue.
- D. Using a 5-pound (2.2-kg) dumbbell to perform multiple sets of biceps curls to fatigue.

Answer: A

Question: 7

Flexibility is a measure of the

- A. Disease-free ROM about a joint.
- B. Effort-free ROM about a joint.
- C. Habitually used ROM about a joint.
- D. Pain-free ROM about a joint.

Answer: D

Question: 8

Which of the following is a FALSE statement regarding informed consent?

- A. Informed consent is not a legal document.
- B. Informed consent does not provide legal immunity to a facility or individual in the event of injury

to a client.

C. Negligence, improper test administration, inadequate personnel qualifications, and insufficient safety procedures are all items expressly covered by the informed consent.

D. Informed consent does not relieve the facility or individual of the responsibility to do everything possible to ensure the safety of the client.

Answer: C

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