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Exam : **020-222**

Title : ACSM Health/Fitness
Instructor Exam

Version : Demo

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

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

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

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

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

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

- 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

- 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

- 9 .Which of the following statements about underwater weighing is TRUE?
- A. It can divide the body into bone, muscle, and fat components.
 - B. It assumes standard densities for bone, muscle, and fat.
 - C. It can divide the body into visceral and subcutaneous fat components.
 - D. It is a direct method of assessing body composition.

Answer: B

- 10 .Which of the following criteria would NOT classify a client as having "increased risk"?
- A. Signs and/or symptoms of cardiopulmonary disease.
 - B. Signs and/or symptoms of metabolic disease.
 - C. Two or more major risk factors for CAD.
 - D. Male older than 40 years with a history of clinical depression.

Answer: D

- 11 .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.

Answer: A

12 .Hydrodensitometry (hydrostatic weighing, underwater weighing) has several sources of error. Which of the following is NOT a common source of error when using this technique to determine body composition?

- A. Measurement of the vital capacity of the lungs.
- B. Interindividual variability in the amount of air in the gastrointestinal tract.
- C. Interindividual variability in the density of the individual lean tissue compartment.
- D. Measurement of the residual volume.

Answer: A

13.The definition of cardiorespiratory fitness is

- A. The maximal force that a muscle or muscle group can generate in a single effort.
- B. The coordinated capacity of the heart, blood vessels, respiratory system, and tissue metabolic systems to take in, deliver, and use oxygen.
- C. The ability to sustain a held maximal force or to continue repeated sub maximal contractions.
- D. The functional ROM about a joint.

Answer: B

14 .Which of the following formulae is used for determining workload on a bicycle ergometer?

- A. Belt length x resistance x grade.
- B. Belt length x resistance x revolutions pedaled per minute.
- C. Resistance x distance flywheel traveled per revolution x revolutions per minute.
- D. Resistance x distance flywheel traveled per revolution.

Answer: C

15 .Adults age physiologically at individual rates. Therefore, adults of any specified age will vary widely in their physiologic responses to exercise testing. Special consideration should be given to older adults when giving a fitness test, because

- A. Age is often accompanied by de conditioning and disease.
- B. Age predisposes older adults to clinical depression and neurologic diseases.
- C. Older adults cannot be physically stressed beyond 75% of age-adjusted maximum.
- D. Older adults are not as motivated to exercise as those who are younger.

Answer: A