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ACSM Registered Clinical Exercise Physiologist

ACSM 040-444

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QUESTION NO: 1

If a healthy young man exercises at an intensity of 45 mL. kg-1.min - 1 three times per week for 45 minutes each session, how long would it take him to lose 10 pounds of fat?

- A. 4 weeks.
- B. 7.14 weeks.
- C. 16.5 weeks.
- D. 19 weeks.

ANSWER: C

QUESTION NO: 2

Theories are used in programs for

- A. Giving individuals an exercise prescription.
- B. Perceiving rewards of certain behaviors.
- C. Self-reevaluation.
- D. Providing a conceptual framework for behavioral assessment.

ANSWER: D

QUESTION NO: 3

Which type of musculoskeletal lever is most common?

- A. First-class.
- B. Second-class.
- C. Third-class.
- D. Fourth-class.

ANSWER: C

QUESTION NO: 4

Fast-twitch muscle fibers have which of the following characteristics compared with slow- twitch muscle fibers?

- A. Easily fatigued and well-developed aerobic system.
- B. High force production and well-developed blood supply.
- C. HighPCr stores and high ATPase stores.
- D. None of the above.

ANSWER: C

QUESTION NO: 5

What is the current state of knowledge on progression or regression of atherosclerosis in human coronary arteries?

- A. Regression of atherosclerosis has been observed in clinical studies.
- B. Regression of atherosclerosis has yet to be observed in clinical studies
- C. Progression of atherosclerosis begins at puberty.
- D. The rate of progression or regression between those who undergo usual medical care is no different from that in those who aggressively control risk factors.

ANSWER: A

QUESTION NO: 6

What is the best test to help determine ejection fraction at rest and during exercise?

- A. Angiography.
- B. Thallium stress test.
- C. Single-proton emission computer tomography.
- D. MUGA (blood pool imagery) study.

ANSWER: D

QUESTION NO: 7

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.

ANSWER: D

QUESTION NO: 8

What is the best way that an administrator can educate the fitness staff?

- A. Voicing his or her opinion.
- B. Joining fitness organizations, and subscribing to fitness journals.
- C. Buying fitness videos.
- D. Reading the newspaper.

ANSWER: B

QUESTION NO: 9

A 70- kg client is running on a treadmill at 5 mph and a 5% grade. What is his caloric expenditure rate?

- A. 12.7 kcal . min⁻¹
- B. 1.271 kcal . min⁻¹
- C. 3.633 kcal . min⁻¹
- D. 36.33 kcal . min⁻¹

ANSWER: A

QUESTION NO: 10

Which eating disorder is marked by an overwhelming fear of becoming fat, a distorted body image, and extreme restrictive eating?

- A. Bulimia.

- B. Anorexia nervosa.
- C. Chronic dieting.
- D. Yo-yo dieting.

ANSWER: B

QUESTION NO: 11

Documentation in the context of emergency response commonly refers to

- A. Records of each exercise session.
- B. Records of attendance.
- C. Records of all emergency situations.
- D. Manuals for all emergency equipment.

ANSWER: C

QUESTION NO: 12

Which of the following describes a normal postexercise blood pressure (BP) response?

- A. Elevated systolic and diastolic values compared to preparticipation values.
- B. Progressive decline in SBP.
- C. Progressive increase in SBP.
- D. Exaggerated decrease in DBP.

ANSWER: B

QUESTION NO: 13

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.

ANSWER: D

QUESTION NO: 14

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

QUESTION NO: 15

Before and after 10 weeks of endurance training, an individual performs a submaximal exercise test at a constant work rate. Which of the following changes would most likely occur as a result of the endurance training?

- A. A lower cardiac output.
- B. An increase in oxygen consumption.
- C. An increase in the blood flow to the exercising muscle.
- D. Lower blood lactate levels.

ANSWER: D