



# 020-222<sup>Q&As</sup>

ACSM Health/Fitness Instructor Exam

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### QUESTION 1

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.

Correct Answer: B

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### QUESTION 2

Given the sensitivity of the exercise ECG, stress testing conducted on 100 cardiac rehabilitation clients with documented CAD would be expected to produce what results?

- A. All 100 clients show ECG indicators of CAD.
- B. Approximately 50 clients show ECG indicators of CAD.
- C. Approximately 30 clients would show ECG indicators of CAD.
- D. Approximately 70 clients would show ECG indicators of CAD.

Correct Answer: D

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### QUESTION 3

Documentation offers important

- A. Liability and negligence protection.
- B. Liability and risk protection.
- C. Safety and communication programs.
- D. Billing and classification tools.

Correct Answer: A

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### QUESTION 4

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

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#### QUESTION 5

Beyond the general safety parameters, such as keeping equipment in good repair, a facility must create a safe environment for any individual, especially

- A. Guest clients.
- B. Staff.
- C. Health care providers.
- D. Special populations.

Correct Answer: D

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