



030-333^{Q&As}

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**QUESTION 1**

Which of the following statements about injury reporting is NOT correct?

- A. A process for injury reporting, backed up with a form, should be developed.
- B. The process to be used and the accompanying forms must be part of the PandP manual.
- C. Injury reporting forms must be kept under lock and key, just like data records.
- D. A physician should sign every injury report form that is filed.

Correct Answer: D

QUESTION 2

A client with type 1 diabetes mellitus checks her fasting morning glucose level on her whole-blood glucose meter (fingerstick method), and the result of 253 mg/dL (14 mmol/L). A urine test is positive for ketones before her exercise session. What action should you take?

- A. Allow her to exercise as long as her glucose is not greater than 300 mg/dL (17 mmol/L).
- B. Not allow her to exercise this session, and notify her physician of the findings.
- C. Give her an extra carbohydrate snack, and wait 5 minutes before beginning exercise.
- D. Readjust her insulin regimen for the remainder of the day to compensate for the high morning glucose level.

Correct Answer: B

QUESTION 3

All of the following are helpful suggestions for an athlete trying to gain weight EXCEPT:

- A. Increase portion sizes at meals.
- B. Eat more high-calorie foods (e.g., candy bars, soft drinks).
- C. Eat one extra meal per day.
- D. Snack on energy- and nutrient-dense foods (e.g., fig bars, nuts and dried fruit).

Correct Answer: B

QUESTION 4

During the cool-down phase of an exercise session, clients should be encouraged to:

- A. Rehydrate.



- B. Decrease the intensity of activity quickly to decrease cardiac afterload.
- C. Limit the cool-down period to 5 minutes.
- D. Increase the number of isometric activities.

Correct Answer: A

QUESTION 5

A 143-pound woman regularly exercises on a treadmill at a speed of 5.5 mph and a 2% elevation. What is her caloric expenditure?

- A. $6.78 \text{ kcal} \cdot \text{min}^{-1}$
- B. $11.58 \text{ kcal} \cdot \text{min}^{-1}$
- C. $20.85 \text{ kcal} \cdot \text{min}^{-1}$
- D. $25.47 \text{ kcal} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: B

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