



# 030-333<sup>Q&As</sup>

ACSM Exercise Specialist Exam

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**QUESTION 1**

A 110-pound female pedals a Monark cycle ergometer at 50 rpm against a resistance of 2.5 kiloponds. Calculate her absolute  $\dot{V}O_2$ .

- A.  $300 \text{ mL} \cdot \text{min}^{-1}$
- B.  $750 \text{ mL} \cdot \text{min}^{-1}$
- C.  $1.25 \text{ L} \cdot \text{min}^{-1}$
- D.  $1.7 \text{ L} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: D

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**QUESTION 2**

What is the primary reason why a manager or director should conduct a needs assessment?

- A. To determine the specific needs and interests of the target market.
- B. To determine the quality of potential fitness instructor who could be hired in the area.
- C. To determine the needs of management before developing the budget.
- D. To determine the need for new or different exercise equipment.

Correct Answer: A

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**QUESTION 3**

What stepping rate should a client use if she wishes to exercise at 5 METs? The step box is 6 inches high, and the client weighs 50 kg.

- A. 12 steps per minute.
- B. 32 steps per minute.
- C. 25 steps per minute.
- D. 96 steps per minute.

Correct Answer: C

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#### QUESTION 4

In a budget for a clinical exercise rehabilitation program, all of the following are examples of variable expenses EXCEPT:

- A. ECG electrodes.
- B. Temporary wages.
- C. Rental fees for the facility space.
- D. Consultant fees.

Correct Answer: C

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#### QUESTION 5

Carbohydrate, protein, and fat provide which of the following amounts of energy (kcal/g)?

- A. 2, 4, and 6, respectively.
- B. 4, 6, and 8, respectively.
- C. 6, 8, and 9, respectively.
- D. 4, 4, and 9, respectively.

Correct Answer: D

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