



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

ACSM Exercise Specialist Exam

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**QUESTION 1**

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

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**QUESTION 2**

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 3**

The same 55-kilogram woman (from question 12) also trains on a Monark arm ergometer at 60 rpm against a resistance of 1.5 kiloponds. What is her absolute  $\dot{V}O_2$ ?

- A.  $1.52 \text{ L} \cdot \text{min}^{-1}$
- B.  $773.0 \text{ mL} \cdot \text{min}^{-1}$
- C.  $0.840 \text{ L} \cdot \text{min}^{-1}$
- D.  $0.774 \text{ L} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: C

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#### QUESTION 4

One important aspect of staff competency is ensuring that staff members are well trained and kept up to date. Which of the following organizations has recently launched the Registry for Clinical Exercise Physiologists?

- A. AACVPR.
- B. American College of Physicians.
- C. American Heart Association.
- D. ACSM.

Correct Answer: D

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#### QUESTION 5

Tall, positive T waves may be caused to all of the following EXCEPT:

- A. Hyperacute phase of MI.
- B. LVH.
- C. Acute pericarditis.
- D. Hypocalcemia.

Correct Answer: D

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