



020-222^{Q&As}

ACSM Health/Fitness Instructor Exam

Pass ACSM 020-222 Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.pass4itsure.com/020-222.html>

100% Passing Guarantee
100% Money Back Assurance

Following Questions and Answers are all new published by ACSM
Official Exam Center

-  **Instant Download** After Purchase
-  **100% Money Back** Guarantee
-  **365 Days** Free Update
-  **800,000+** Satisfied Customers





QUESTION 1

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.

Correct Answer: D

QUESTION 2

The emergency response system (EMS) is:

- A. The combination of the ambulance and the emergency room.
- B. Critical for the staff to be able to respond adequately to an emergency.
- C. The protocol used to practice safety plans.
- D. Required by most health departments.

Correct Answer: B

QUESTION 3

The clinical exercise physiologist shares a responsibility to

- A. Implement measures to stop disease.
- B. Make patients look healthy.
- C. Implement preventive measures to reduce the risk of medical emergencies.
- D. Develop a plan to reduce the physical demands of exercise testing.

Correct Answer: C

QUESTION 4

A male client is 42 years old. His father died of a heart attack at age 62. He has a consistent resting blood pressure



(measured over 6 weeks) of 132/86 mm Hg and a total serum cholesterol of 5.4 mmol/L. Based on his CAD risk stratification, which of the following activities is appropriate?

- A. Maximal assessment of cardiorespiratory fitness without a physician supervising.
- B. Sub maximal assessment of cardiorespiratory fitness without a physician supervising.
- C. Vigorous exercise without a previous medical assessment.
- D. Vigorous exercise without a previous physician-supervised exercise test.

Correct Answer: C

QUESTION 5

Adults age physiologically at individual rates. Therefore, adults of any specified age will vary widely in their physiologic responses to exercise testing. Special consideration should be given to older adults when giving a fitness test, because

- A. Age is often accompanied by de conditioning and disease.
- B. Age predisposes older adults to clinical depression and neurologic diseases.
- C. Older adults cannot be physically stressed beyond 75% of age-adjusted maximum.
- D. Older adults are not as motivated to exercise as those who are younger.

Correct Answer: A

QUESTION 6

Exercise clothing

- A. Creates an important fashion statement.
- B. Should be bright so that you are easily seen in an aerobics class.
- C. Has only one rule: be comfortable.
- D. Must be safe and performs appropriately, like the exercise equipment.

Correct Answer: D

QUESTION 7

For a client taking a 1-blocker who has lowered resting blood pressure and heart rate, which of the following statements is TRUE?



- A. A submaximal test will provide the best estimate of the client's fitness.
- B. A submaximal test may underestimate the client's fitness.
- C. A submaximal test may overestimate the client's fitness.
- D. The client should be tested only when not taking the medication.

Correct Answer: C

QUESTION 8

A client's health screening should be administered before

- A. Any contact with the client.
- B. Any physical activity by the client at your facility.
- C. Fitness assessment or programming.
- D. The initial "walk-through" showing of a facility.

Correct Answer: B

QUESTION 9

What is the fitness instructor's primary responsibility in conducting an exercise test?

- A. Maintaining a safe environment by not putting the client in danger.
- B. Making sure that the data collected are accurate.
- C. Completing the test.
- D. Encouragement and support.

Correct Answer: A

QUESTION 10

What is the best test of cardiovascular function for a client who is obese, has claudication in the legs, and has limited mobility because of neurologic damage from uncontrolled diabetes?

- A. Dipyridamole or dobutamine testing and assessment of cardiovascular variables.
- B. Discontinuous treadmill exercise test.
- C. Resting echocardiography.



D. Continuous submaximal cycle ergometer test.

Correct Answer: A

QUESTION 11

What is the most appropriate action in assisting a person suffering from a seizure?

- A. Hold the person down so that he or she does not hurt himself or herself.
- B. Do not touch the person, but be sure that he or she is in a safe area.
- C. Place a wedge in the person's mouth so that he or she does not swallow the tongue.
- D. Ignore the person, and allow the seizure to pass.

Correct Answer: B

QUESTION 12

The exercise staffs role when an injury or emergency occurs should be to:

- A. Control the situation by implementing the emergency plan and taking charge.
- B. Find someone to implement the emergency plan.
- C. Get everyone out of the facility to avoid chaos.
- D. Hope that an emergency contact is available to help with the situation.

Correct Answer: A

QUESTION 13

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.

Correct Answer: D

QUESTION 14

During calibration of a treadmill, the belt length was found to be 5.5 m. It took 1 minute and 40 seconds for the belt to



travel 20 revolutions. What is the treadmill speed?

- A. 4 m/min.
- B. 66 m/min.
- C. 79 m/min.
- D. 110 m/min.

Correct Answer: B

QUESTION 15

Which of the following is a FALSE statement regarding informed consent?

- A. Informed consent is not a legal document.
- B. Informed consent does not provide legal immunity to a facility or individual in the event of injury to a client.
- C. Negligence, improper test administration, inadequate personnel qualifications, and insufficient safety procedures are all items expressly covered by the informed consent.
- D. Informed consent does not relieve the facility or individual of the responsibility to do everything possible to ensure the safety of the client.

Correct Answer: C

[Latest 020-222 Dumps](#)

[020-222 Study Guide](#)

[020-222 Braindumps](#)