



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

ACSM Exercise Specialist Exam

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**QUESTION 1**

Right-axis deviation may be caused by:

- A. Acute pericarditis.
- B. Right atrial enlargement.
- C. Chronic obstructive pulmonary disease.
- D. Cardiomyopathy.

Correct Answer: C

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**QUESTION 2**

When determining the intensity level, the RPE is a better indicator than percentage of maximal HR for all of the following groups EXCEPT:

- A. Individuals on  $\beta$ -blockers.
- B. Aerobic classes that involve excessive arm movement.
- C. Individuals older than 65 years.
- D. Individuals involved in high-intensity exercise.

Correct Answer: D

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**QUESTION 3**

Initial training sessions for a person with severe chronic obstructive pulmonary disease most likely would NOT include.

- A. Continuous cycling activity at 70% of  $\dot{V}_O$
- B. Use of dyspnea scales, RPE scales, and pursed-lip breathing instruction.
- C. Intermittent bouts of activity on a variety of modalities (exercise followed by short rest).
- D. Encouraging the client to achieve an intensity either at or above the anaerobic threshold.

Correct Answer: A

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**QUESTION 4**

In response to various stimuli, movements of ions occur, causing the rapid loss of the internal negative potential. This process is known as:

- A. Polarization.



- B. Repolarization.
- C. Automaticity.
- D. Depolarization.

Correct Answer: D

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#### QUESTION 5

Which energy source represents the largest potential energy store in the body?

- A. Fat.
- B. Blood glucose.
- C. Muscle glycogen.
- D. Protein.

Correct Answer: A

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#### QUESTION 6

What is an appropriate initial weight loss goal for an obese individual desiring weight reduction?

- A. 10%initial body weight in first 6 months.
- B. 20 pounds in 2 months.
- C. 5 pounds per week for the first 6 weeks, then weight maintenance.
- D. BMI of less than 18.5.

Correct Answer: A

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#### QUESTION 7

Fiber is a type of carbohydrate that is not digestible (e.g., it will pass through the digestive system without being absorbed). The NCEP ATPIII guidelines recommend that soluble (viscous) fiber be included in the diet for the prevention and treatment of elevated blood lipid concentrations. Sources of soluble (viscous) fibers include:

- A. Fruits, beans, and oats.
- B. Meat and dairy foods.
- C. Wheat bran and whole wheat products.
- D. All of the above.

Correct Answer: A

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**QUESTION 8**

The safety of resistance exercise is dependent on all of the following except:

- A. Having a personal trainer.
- B. Proper breathing.
- C. Speed of movement.
- D. Body mechanics.

Correct Answer: A

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**QUESTION 9**

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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**QUESTION 10**

Why are records valuable to a fitness program?

- A. They help in evaluation of a program.
- B. They offer music not found on tapes or CDs.
- C. They help to provide facts in any legal issues.
- D. They help the front desk to monitor paid and unpaid clients.

Correct Answer: A

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**QUESTION 11**

If a healthy young man exercises at an intensity of  $45 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$  three times per week for 45 minutes each session, how long would it take him to lose 10 pounds of fat?

- A. 4 weeks.
- B. 7.14 weeks.
- C. 16.5 weeks.
- D. 19 weeks.

Correct Answer: C

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**QUESTION 12**

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

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**QUESTION 13**

Staff certification is:

- A. Not important, because members do not care.
- B. Important, primarily because it adds spice to marketing materials.
- C. Not a good idea, because certified staff will increase your payroll.
- D. Important, primarily because it adds a standard of knowledge and credibility to your facility.

Correct Answer: D

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**QUESTION 14**

Which of the following diseases is NOT typically associated with obesity?

- A. Diabetes.
- B. Skin cancer.



C. Coronary artery disease.

D. Colon cancer.

Correct Answer: B

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#### QUESTION 15

The P wave on the ECG can be:

A. Negative

B. Positive

C. Isoelectric

D. Either positive or negative

Correct Answer: D

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