



# 040-444<sup>Q&As</sup>

ACSM Registered Clinical Exercise Physiologist

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### QUESTION 1

Functions of bone include all of the following EXCEPT

- A. Support for the body.
- B. Protection of organs and tissues.
- C. Production of red blood cells.
- D. Production of force.

Correct Answer: D

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### QUESTION 2

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 3

Emergency procedures should be

- A. Given to all clients when they join.
- B. Put away in a safe place.
- C. Posted under each phone.
- D. Posted above each fire extinguisher.

Correct Answer: C

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### QUESTION 4

Documentation offers important

- A. Liability and negligence protection.
- B. Liability and risk protection.



- C. Safety and communication programs.
- D. Billing and classification tools.

Correct Answer: A

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#### QUESTION 5

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

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#### QUESTION 6

The eating habits of an athlete involved in long distance running should differ from those of a sedentary individual of the same body weight in what way?

- A. The athlete should reduce fat intake to 10% of total calories.
- B. The athlete should increase protein intake to threefold the RDA.
- C. The athlete should have a greater intake of grains, fruits, vegetables, and lean sources of protein.
- D. There should be no change in calories.

Correct Answer: C

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#### QUESTION 7

Increased after load associated with increased peripheral resistance as a result of aging causes

- A. Left ventricular hypertrophy.
- B. Kidney failure.
- C. Liver damage.
- D. Liver failure.

Correct Answer: A

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### QUESTION 8

An equipment maintenance plan should include

- A. A floor plan.
- B. A client advisory statement.
- C. A document that records maintenance and repair history.
- D. Temperature and humidity readings.

Correct Answer: C

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### QUESTION 9

The preparation of professional staff should include training in

- A. Advanced basic life support and ENT.
- B. CPR and basic life support.
- C. CPR and EMS.
- D. Advanced cardiac life support and ENT.

Correct Answer: B

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### QUESTION 10

Which of the following are byproducts of aerobic metabolism?

- A. Carbon dioxide and water.
- B. Oxygen and water.
- C. ATP and oxygen.
- D. Hydrogen and oxygen.

Correct Answer: A

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### QUESTION 11

Which of the following statements regarding exercise for the elderly is FALSE?

- A. Resistance exercise training is not recommended for older adults.
- B. A loss of fat-free mass is responsible for the decrease in muscular strength as we age.
- C. The ACSM recommends a cardiorespiratory training intensity of 50% to 70% of HRR for older adults.



D. A decrease in maximal HR is responsible for reductions in the maximal oxygen consumption as we age.

Correct Answer: A

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#### QUESTION 12

Which eating disorder is marked by an overwhelming fear of becoming fat, a distorted body image, and extreme restrictive eating?

- A. Bulimia.
- B. Anorexia nervosa.
- C. Chronic dieting.
- D. Yo-yo dieting.

Correct Answer: B

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#### QUESTION 13

All of the following musculoskeletal changes typically occur with advancing age EXCEPT

- A. Decreased flexibility.
- B. Impaired balance.
- C. Inhibited range of motion.
- D. Skeletal muscle hypertrophy

Correct Answer: D

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#### QUESTION 14

Which one of the following statements concerning a needs assessment is NOT true?

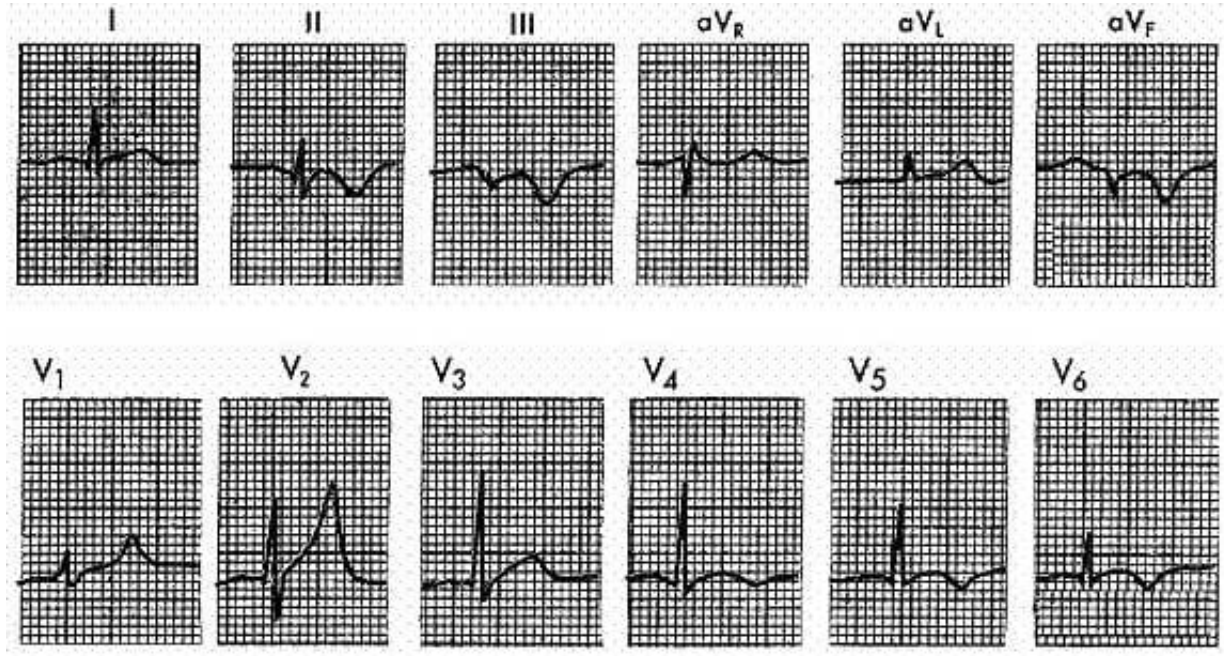
- A. The needs and/or program assessment is a useful tool for gathering data and support for program implementation.
- B. The needs and/or program assessment often must be a creative tool developed in-house to meet the program's specific needs.
- C. Given that the needs assessment may be developed in-house without the benefit of external validity, generalizing the results may be difficult.
- D. Program planning is an essential step before needs assessment can be performed.

Correct Answer: D

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**QUESTION 15**

In the ECG strip shown below, what disorder is indicated?



A. Subendocardial ischemia.

B. Transmural ischemia.

C. Acute inferior MI.

D. Posterior MI (From Goldberger AL: Clinical Electrocardiography: A Simplified Approach, 6th ed. St. Louis, Mosby, 1999,p91.)

Correct Answer: D

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