

DUMPS ARENA

ACSM Registered Clinical Exercise Physiologist

ACSM 040-444

Version Demo

Total Demo Questions: 15

Total Premium Questions: 368

Buy Premium PDF

<https://dumpsarena.co>

sales@dumpsarena.co

sales@dumpsarena.co
dumpsarena.co

QUESTION NO: 1

Special precautions for clients with hypertension include all of the following EXCEPT:

- A. Avoiding muscle strengthening exercises that involve low resistance.
- B. Avoiding activities that involve the Valsalva maneuver.
- C. Monitoring a client who is taking diuretics for arrhythmias.
- D. Avoiding exercise if resting systolic BP is greater than 200 mm Hg or diastolic BP is greater than 115 mm Hg.

ANSWER: A**QUESTION NO: 2**

The manager's role in staff education is

- A. Valuable, because it looks good to the owners.
- B. To create many opportunities for educating the staff.
- C. To let the staff handle their own education but also to encourage it.
- D. Not very valuable, because member retention and sales are the key to any program.

ANSWER: B**QUESTION NO: 3**

Metabolic syndrome (also referred to as syndrome X or the deadly quartet) is comprised of

- A. Elevated TC, obesity, diabetes, and physical inactivity.
- B. Central obesity, elevated LDL cholesterol, diabetes, and physical inactivity.
- C. Low HDL cholesterol, cigarette smoking, hypertension, and physical inactivity.
- D. Central obesity, elevated triglycerides and low HDL cholesterol, hypertension, and insulin resistance.

ANSWER: D

QUESTION NO: 4

The exercise leader or health/fitness instructor should modify exercise sessions for participants with hypertension by

- A. Shortening the cool-down to less than 5 minutes.
- B. Eliminating resistance training completely.
- C. Prolonging the cool-down.
- D. Implementing high-intensity (>85% of HRR), short-duration intervals.

ANSWER: C**QUESTION NO: 5**

Which of the following statements about emergency equipment is MOST important?

- A. Each piece of equipment should be painted a specific color for easy identification.
- B. Use of emergency equipment should be practiced routinely.
- C. Emergency equipment should include pencils, not pens.
- D. Emergency equipment should be kept clean at all times.

ANSWER: B**QUESTION NO: 6**

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 kcal . min⁻¹
- B. 11.58 kcal* min⁻¹
- C. 20.85 kcal . min⁻¹
- D. 25.47 kcal* min⁻¹

ANSWER: B**QUESTION NO: 7**

Which of the following are NOT symptoms of depression?

- A. Hearing voices.
- B. Change in sleep patterns.
- C. Irritability.
- D. All of the above.

ANSWER: A

QUESTION NO: 8

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.

ANSWER: D

QUESTION NO: 9

In the ECG strip shown below, what abnormalities are indicated?

- A. Left atrial enlargement and LVH.
- B. Right atrial enlargement and right ventricular hypertrophy.
- C. Left anterior fascicular block and left posterior,scicular block.
- D. Subendocardial ischemia and infarction

Avr V1 V4
Avl V2 V5
Avf V3 V6

ANSWER: A

QUESTION NO: 10

The simplest and most rapid method to produce ATP during exercise is through

- A. Glycolysis.
- B. The ATP-PCr system.
- C. Aerobic metabolism.
- D. Glycogenolysis.

ANSWER: B

QUESTION NO: 11

During the cool-down phase of an exercise session, clients should be encouraged to

- A. Rehydrate.
- B. Decrease the intensity of activity quickly to decrease cardiac afterload.
- C. Limit the cool-down period to 5 minutes.
- D. Increase the number of isometric activities.

ANSWER: A

QUESTION NO: 12

Which of the following is considered to be a "ball-and-socket" joint?

- A. Ankle.
- B. Elbow.
- C. Knee.
- D. Hip.

ANSWER: D

QUESTION NO: 13

The five A's of counseling are

- A. Address, Assess, Act, Assist, and Arrange follow-up.

- B. Address, Assess, Advise, Assist, and Act.
- C. Address, Assess, Advise, Assist, and Arrange follow-up.
- D. Act, Assess, Advise, Assist, and Arrange follow-up.

ANSWER: C

QUESTION NO: 14

Osteoporosis is more prevalent in

- A. Women who have never been pregnant.
- B. African-American women.
- C. Women who are involved in activities that place stress on the wrists, hips, or lumbar sacral region.
- D. Postmenopausal women.

ANSWER: D

QUESTION NO: 15

Serious complications during an exercise session

- A. Occur more often with women.
- B. Rarely occur.
- C. Occur at a rate of 1 in 3,000 hours of exercise.
- D. Occur more often during the late hours because of client fatigue.

ANSWER: B