

030-333^{Q&As}

ACSM Exercise Specialist Exam

Pass ACSM 030-333 Exam with 100% Guarantee

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

<https://www.leads4pass.com/030-333.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

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

QUESTION 2

A comprehensive clinical exercise rehabilitation program:

- A. Is based on historical features of program administration.
- B. Adapts to trends in program services.
- C. Is limited in scope and practice.
- D. Is the same for the entire client population served.

Correct Answer: B

QUESTION 3

Which of the following medical conditions is NOT part of the female athlete triad?

- A. Disordered eating.
- B. Osteoporosis.
- C. Amenorrhea.
- D. Anemia.

Correct Answer: D

QUESTION 4

Why would a fitness instructor have an interest in tort laws?

- A. Negligence is breaking a tort law and can ruin an instructor's career.
- B. State taxes often are related to profit, which is governed by tort laws.

C. Tort laws are related to worker's compensation regulations.

D. They relate to the Americans with Disabilities Act (ADA)

Correct Answer: A

QUESTION 5

Examples of program records include:

A. Client progress and outcomes.

B. Member needs.

C. Performance of clients on selected exercises.

D. Member suggestions and any actions taken regarding them.

Correct Answer: A

[030-333 PDF Dumps](#)

[030-333 Study Guide](#)

[030-333 Braindumps](#)