

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

ACSM Exercise Specialist Exam

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## QUESTION 1

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

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## QUESTION 2

A physician's clearance:

- A. Is not necessary if the client completes the medical history questionnaire.
- B. Is a communication tool with little exercise value?.
- C. Provides information about the physician's attitude regarding your club.
- D. Provides a medical opinion about a client's risk with exercise.

Correct Answer: D

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## QUESTION 3

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 4

The same 55-kilogram woman (from question 12) also trains on a Monark arm ergometer at 60 rpm against a resistance of 1.5 kiloponds. What is her absolute  $\dot{V}O_2$ ?

- A.  $1.52 \text{ L} \cdot \text{min}^{-1}$
- B.  $773.0 \text{ mL} \cdot \text{min}^{-1}$
- C.  $0.840 \text{ L} \cdot \text{min}^{-1}$
- D.  $0.774 \text{ L} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: C

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## QUESTION 5

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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