

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

ACSM Exercise Specialist Exam

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**QUESTION 1**

Some of the duties in supervising a fitness staff include scheduling, implementing the policies and procedures, and:

- A. Cleaning the equipment.
- B. Emergency procedures and evaluations.
- C. Marketing and promotions.
- D. Managing the fitness billing.

Correct Answer: B

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**QUESTION 2**

Which of the following elements is NOT part of an emergency plan for a clinical exercise program?

- A. Annual practice sessions involving all staff.
- B. Emergency plan that constantly refers to national established guidelines (e.g., ACLS) without addressing unique features of the program.
- C. Emergency drills carried out on a regular basis and documented.
- D. Scenarios developed to increase the applicability of the emergency plan practice sessions.

Correct Answer: A

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**QUESTION 3**

Diets high in saturated fat can lead to elevations in blood concentration, which may increase risk of heart disease. Optimal concentrations of this blood lipoprotein are:

- A. Very LDL-C,