

030-333^{Q&As}

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QUESTION 1

Policies and procedures are important in a fitness center, because they:

- A. Explain how to use the fitness equipment properly.
- B. Clarify the rights of and risks in being a fitness member.
- C. Are general guidelines for operating a fitness program or department.
- D. Explain the employee insurance plans and how to use them.

Correct Answer: C

QUESTION 2

Which of the following issues would you include in discharge education instructions for a client with congestive heart failure to avoid potential emergency situations related to this condition at home?

- A. Record body weight daily, and report weight gains to a physician.
- B. Note signs and symptoms(e.g., dyspnea, intolerance to activities of daily living), and report them to a physician.
- C. Do not palpate the pulse during daily activities or periods of lightheadedness, because an irregular pulse is normal and occurs at various times during the day.
- D. Both A and B.

Correct Answer: D

QUESTION 3

One important aspect of staff competency is ensuring that staff members are well trained and kept up to date. Which of the following organizations has recently launched the Registry for Clinical Exercise Physiologists?

- A. AACVPR.
- B. American College of Physicians.
- C. American Heart Association.
- D. ACSM.

Correct Answer: D

QUESTION 4

A 55-kilogram woman trains on a cycle ergometer by pedaling at 60 rpm against a resistance of 1.5 kiloponds. What is her absolute $\dot{V}O_2$?

- A. $1.36 \text{ L} \cdot \text{min}^{-1}$
- B. $2.47 \text{ L} \cdot \text{min}^{-1}$
- C. $3.62 \text{ L} \cdot \text{min}^{-1}$
- D. $3600 \text{ mL} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: A

QUESTION 5

The rules and regulations of a facility are commonly referred to as:

- A. The law.
- B. The client rights statement.
- C. Policies and procedures.
- D. A check and balance for management and clients.

Correct Answer: C

QUESTION 6

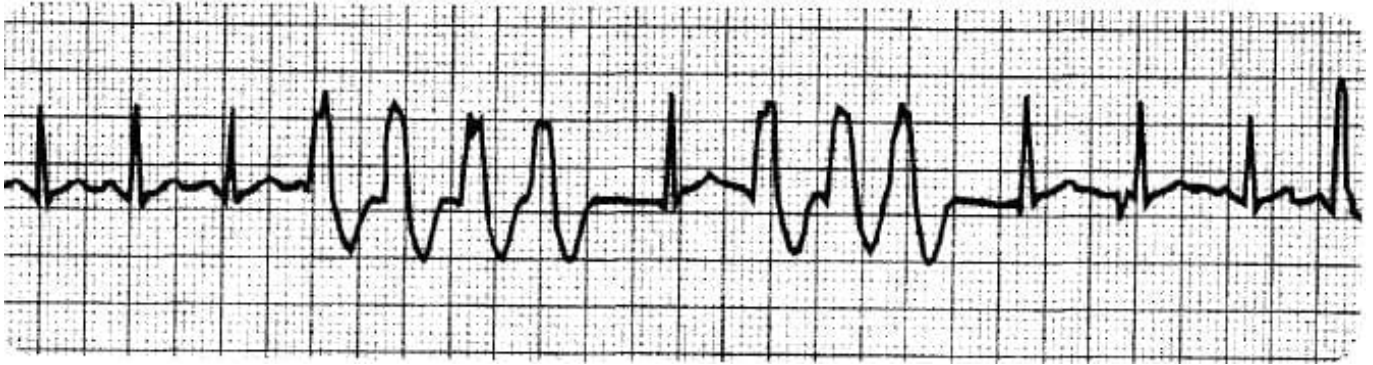
If a 70-kg man runs on a treadmill at 8 mph and a 0% grade for 45 minutes, what is his caloric expenditure?

- A. 1,067.07 calories.
- B. 392.18 calories.
- C. 730.48 calories.
- D. Not enough information to answer the question

Correct Answer: C

QUESTION 7

In the ECG strip shown below, which arrhythmia is present?



- A. Premature ventricular contractions.
- B. Ventricular tachycardia.
- C. Ventricular trigeminy.
- D. Ventricular bigeminy.

Correct Answer: B

QUESTION 8

Which of the following waist circumference measurements indicates abdominal obesity?

- A. 0.98.
- B. >29.9
- C. 43 inches
- D. All of the above.

Correct Answer: C

QUESTION 9

Which of the following statements regarding exercise for persons with controlled cardiovascular disease is TRUE?

- A. Resistance exercise training is dangerous and should be avoided.
- B. A physician-supervised exercise test is not necessary to establish exercise intensity.
- C. Anginal pain is normal during exercise, and participants should be pushed through the pain.
- D. Exercise intensity should be set at an HR of 10 bpm less than the level at which signs/symptoms were evidenced during an exercise test.

Correct Answer: D

QUESTION 10

According to the most recent National Institutes of Health's Clinical Guidelines for the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, recommendations for practical clinical assessment include.

- A. Determining total body fat through the BMI to assess obesity.
- B. Determining the degree of abdominal fat and health risk through waist circumference.
- C. Using the waist-to-hip ratio as the only definition of obesity and lean muscle mass.
- D. Both A and B.

Correct Answer:

QUESTION 11

A client taking a calcium-channel blocker most likely will exhibit which of the following responses during exercise?

- A. Hypertensive response.
- B. Increased ischemia.
- C. Improved anginal thresholds.
- D. Severe hypotension.

Correct Answer: C

QUESTION 12

A common measure to assist in the evaluation of body fat distribution is:

- A. Height/weight charts.
- B. Total body weight.
- C. WHR.
- D. Total body water.

Correct Answer: C

QUESTION 13

Initial training sessions for a person with severe chronic obstructive pulmonary disease most likely would NOT include.

- A. Continuous cycling activity at 70% of \dot{V}_{O_2}
- B. Use of dyspnea scales, RPE scales, and pursed-lip breathing instruction.

- C. Intermittent bouts of activity on a variety of modalities (exercise followed by short rest).
- D. Encouraging the client to achieve an intensity either at or above the anaerobic threshold.

Correct Answer: A

QUESTION 14

A specific benefit of regular exercise for patients with angina is

- A. Improved ischemic threshold at which angina symptoms occur.
- B. Increased myocardial oxygen demand at the same submaximal levels.
- C. Eradication of all symptoms.
- D. Elevation of BP.

Correct Answer: A

QUESTION 15

The process of risk stratification often is used for the criteria for clinical exercise rehabilitation program admission. Which of the following statements about risk stratification is NOT correct?

- A. Risk stratification can be modeled after the criteria published by the AACVPR.
- B. Risk stratification can be useful for participant entry criteria, exercise testing guidelines, ECG monitoring, and supervision guidelines.
- C. Risk stratification can be tied to insurance reimbursement.
- D. Risk stratification often is used to determine the intensity of prescribed exercise.

Correct Answer: D

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