

**100%** Money Back  
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**Vendor:**ACSM

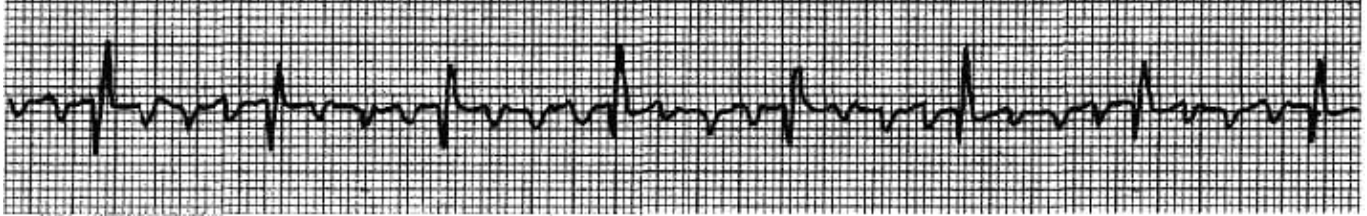
**Exam Code:**030-333

**Exam Name:**ACSM Exercise Specialist Exam

**Version:**Demo

### QUESTION 1

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



- A. Atrial flutter.
- B. Atrial fibrillation.
- C. Premature atrial contractions.
- D. Atrial tachycardia.

Correct Answer: A

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### QUESTION 2

In a budget for a clinical exercise rehabilitation program, all of the following are examples of variable expenses EXCEPT:

- A. ECG electrodes.
- B. Temporary wages.
- C. Rental fees for the facility space.
- D. Consultant fees.

Correct Answer: C

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### QUESTION 3

Which eating disorder is marked by an overwhelming fear of becoming fat, a distorted body image, and extreme restrictive eating?

- A. Bulimia.
- B. Anorexia nervosa.
- C. Chronic dieting.
- D. Yo-yo dieting.

Correct Answer: B

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**QUESTION 4**

The recommended cardiorespiratory endurance exercise training program for older individuals should be:

- A. 40% to 60% of maximum HR, 20 to 30 minutes continuously, 3 days per week.
- B. 50% to 70% of HRR, 20 to 30 minutes (multiple sessions of 5-10 min), 3 days per week.
- C. 40% to 60% of maximum HR, 20 to 30 minutes (multiple sessions of 5-10 min), 3 days per week.
- D. 50% to 70% of HRR, 20 to 30 minutes continuously, 3 days per week

Correct Answer: B

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**QUESTION 5**

An appropriate exercise for improving the strength of the low back muscles are:

- A. Straight leg lifts.
- B. Parallel squats.
- C. Spinal extension exercises.
- D. Sit-ups with feet anchored.

Correct Answer: C

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**QUESTION 6**

Fiber is a type of carbohydrate that is not digestible (e.g., it will pass through the digestive system without being absorbed). The NCEP ATPIII guidelines recommend that soluble (viscous) fiber be included in the diet for the prevention and treatment of elevated blood lipid concentrations. Sources of soluble (viscous) fibers include:

- A. Fruits, beans, and oats.
- B. Meat and dairy foods.
- C. Wheat bran and whole wheat products.
- D. All of the above.

Correct Answer: A

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**QUESTION 7**

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.

Correct Answer:

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**QUESTION 8**

How much weight will the woman (from question 22) lose in 26 weeks if she integrates a 1-mile walk, taken three times per week, into her weight loss program?

- A. 3 pounds.
- B. 6 pounds.
- C. 11 pounds.
- D. 15 pounds.

Correct Answer: C

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**QUESTION 9**

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

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**QUESTION 10**

Myocardial cells can be excited in response to all of the following stimuli EXCEPT:

- A. Electrical
- B. Chemical
- C. Mechanical
- D. Emotional

Correct Answer: D

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#### **QUESTION 11**

Normal values for fasting blood sugar are:

- A. Greater than 140 mg/dL.
- B. Between 60 and 140 mg/dL.
- C. Less than 60 mg/dL.
- D. Between 200 and 400 mg/dL.

Correct Answer: B

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#### **QUESTION 12**

Which fat-soluble vitamin is important for bone formation?

- A. Vitamin A.
- B. Vitamin D.
- C. Vitamin E.
- D. Vitamin K.

Correct Answer: B