Vendor:ACSM

Exam Code:030-333

Exam Name:ACSM Exercise Specialist Exam

Version: Demo

QUESTION 1

Tall, positive T waves may be caused to all of the following EXCEPT:

A. Hyperacute phase of MI.

B. LVH.

C. Acute pericarditis.

D. Hypocalcemia.

Correct Answer: D

QUESTION 2

A 35-year-old woman reduces her caloric intake by 1,200 kcal per week. How much weight will she lose in 26 weeks?

A. 8.9 pounds.

B. 12.0 pounds.

C. 26.0 pounds.

D. 34.3 pounds.

Correct Answer: A

QUESTION 3

Which of the following statements about injury reporting is NOT correct?

A. A process for injury reporting, backed up with a form, should be developed.

B. The process to be used and the accompanying forms must be part of the PandP manual.

C. Injury reporting forms must be kept under lock and key, just like data records.

D. A physician should sign every injury report form that is filed.

Correct Answer: D

QUESTION 4

Many clients have WI-mode programmed pacemakers. Which of the following is TRUE regarding exercise programming with WI pacemakers?

A. Persons with WI pacemakers may be chronotropically (HR) competent with exercise but require longer warm-up and gradual increase in intensity during the initial exercise portion of their session.

B. Persons who are chronotropically competent are tachycardic at rest and should not exercise at low intensities.

C. BP response is not a good marker of intensity effort in those with WI pacemakers and need not be evaluated during an exercise session.

D. Persons with WI pacemakers must avoid exercise on the bicycle ergometer because of the location of the ventricular lead wire and potential for displacement.

Correct Answer: A

QUESTION 5

Carbohydrate, protein, and fat provide which of the following amounts of energy (kcal/g)?

A. 2, 4, and 6, respectively.

B. 4, 6, and 8, respectively.

C. 6, 8, and 9, respectively.

D. 4, 4, and 9, respectively.

Correct Answer: D

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

QUESTION 7

Continuous quality improvement (CQI) is a systematic process of program evaluation that involves all of the following steps EXCEPT:

A. Data analysis.

B. Goals assessment.

C. Outcomes assessment.

D. Budget assessment.

Correct Answer: D

QUESTION 8

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

QUESTION 9

Right-axis deviation may be caused by:

A. Acute pericarditis.

B. Right atrial enlargement.

C. Chronic obstructive pulmonary disease.

D. Cardiomyopathy.

Correct Answer: C

QUESTION 10

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

QUESTION 11

Which of the following medications have been shown to be most effective in preventing or reversing exercise-induced asthma?

A. f3 -Agonists.

B. f3 -Blockers.

C. Diuretics.

D. Aspirin.

Correct Answer: A

QUESTION 12

Symptoms of claudication include:

A. Cramping, burning, and tightness in the calf muscle, usually triggered by activity and relieved with rest.

B. Acute, sharp pain in the foot on palpation at rest.

C. Crepitus in the knee during cycling.

D. Pitting ankle edema at a rating of 3 +

Correct Answer: A