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Topic 3	<ul style="list-style-type: none">• Exercise Counseling and Behavioral Strategies

ACSM Health/Fitness Instructor Exam Sample Questions (Q39-Q44):

NEW QUESTION # 39

Following termination of a stress test, a 12-lead ECG is

- **A. Monitored immediately, then every 1 to 2 minutes until exercise-induced changes are at baseline.**
- B. Monitored immediately, then at 2 and ,5 minutes after the test.
- C. Monitored and recorded only if any signs or symptoms arise during recovery.
- D. Monitored immediately only.

Answer: A

NEW QUESTION # 40

An equipment maintenance plan should include

- A. A client advisory statement.
- **B. A document that records maintenance and repair history.**
- C. Temperature and humidity readings.
- D. A floor plan.

Answer: B

NEW QUESTION # 41

Which of the following would most appropriately assess a previously sedentary, 40-yearold female client's muscular strength?

- A. Holding a handgrip dynamometer at 15 pounds (7 kg) to fatigue.
- B. Using a 5-pound (2.2-kg) dumbbell to perform multiple sets of biceps curls to fatigue.
- **C. Using a 30-pound (18-kg) barbell to perform biceps curls to fatigue.**
- D. Performing modified curl-ups to fatigue.

Answer: C

NEW QUESTION # 42

What is the best test of cardiovascular function for a client who is obese, has claudication in the legs, and has limited mobility because of neurologic damage from uncontrolled diabetes?

- A. Discontinuous treadmill exercise test.
- **B. Dipyridamole or dobutamine testing and assessment of cardiovascular variables.**
- C. Continuous submaximal cycle ergometer test.
- D. Resting echocardiography.

Answer: B

NEW QUESTION # 43

Emergency procedures and safety include which of the following?

- A. Basic principles for exercise training.
- B. Emergency consequences.
- **C. Injury prevention.**
- D. Metabolic injuries.

Answer: C

NEW QUESTION # 44

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