

020-222 Free Sample Questions & 020-222 New Braindumps Pdf



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Our company abides by the industry norm all the time. By virtue of the help from professional experts, who are conversant with the regular exam questions of our latest real dumps. The ACSM Health/Fitness Instructor Exam exam dumps have summarized some types of questions in the qualification examination, so that users will not be confused when they take part in the exam, to have no emphatic answers. It can be said that the template of these questions can be completely applied. The user only needs to write out the routine and step points of the 020-222 test material, so that we can get good results in the exams.

How to Prepare for ACSM 020-222: ACSM Health/Fitness Instructor Exam

Preparation Guide for ACSM 020-222: ACSM Health/Fitness Instructor Exam

Introduction

The ACSM Certified Personal Trainer 020-222 test is part of the ACSM Certified Personal Trainer certification process. This exam verifies the candidate's readiness to assist and communicate efficient and environmentally ways of appropriate exercise leadership using fundamental ideas from exercise science. It also discusses the possibility of writing appropriate workout suggestions. This exam verifies that the applicant has sufficient knowledge and the capacity to motivate others to begin and maintain better habits. ACSM Certified Fitness Instructor are driven by a love for health and fitness, as well as a desire to help others live better lives. In this position, you'll be able to pursue your love while also pursuing a profession that allows you to help others achieve their fitness and health objectives. With an ACSM personal trainer accreditation, you'll be prepared to work in a range of fitness settings, including fitness centers, gyms, universities, corporate fitness centers, and community or public fitness centers, in jobs ranged between independent continuing education to comprehensive and even beyond.

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Quiz Updated ACSM - 020-222 Free Sample Questions

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ACSM Health/Fitness Instructor Exam Sample Questions (Q46-Q51):

NEW QUESTION # 46

Symptoms of hyperglycemia include all of the following EXCEPT

- A. Confusion.
- B. Tremor.
- **C. Bradycardia.**
- D. Slurred speech.

Answer: C

NEW QUESTION # 47

Exercise clothing

- A. Has only one rule: be comfortable.
- **B. Must be safe and performs appropriately, like the exercise equipment.**
- C. Creates an important fashion statement.
- D. Should be bright so that you are easily seen in an aerobics class.

Answer: B

NEW QUESTION # 48

The potential benefits and risks of an exercise test should be written in what document?

- A. Description of services.
- **B. Informed consent.**
- C. Exercise waivers.
- D. Safety plan.

Answer: B

NEW QUESTION # 49

Identifying a patient's risk of complications is important. Which of the following is NOT considered to be a common aspect of the risk identification process?

- A. Laboratory results.
- B. Assessment of cardiac risk.
- **C. Assessment of work history.**
- D. Review of medical history.

Answer: C

NEW QUESTION # 50

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

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

Answer: C

NEW QUESTION # 51

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