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ACSM Health/Fitness Instructor Exam Sample Questions (Q40-Q45):

NEW QUESTION # 40

The definition of cardiorespiratory fitness is

- **A. The coordinated capacity of the heart, blood vessels, respiratory system, and tissue metabolic systems to take in, deliver, and use oxygen.**
- B. The functional ROM about a joint.
- C. The maximal force that a muscle or muscle group can generate in a single effort.
- D. The ability to sustain a held maximal force or to continue repeated sub maximal contractions.

Answer: A

NEW QUESTION # 41

Which of the following actions involving termination of exercise testing is correct?

- **A. Initiate the test termination process when intermittent premature ventricular contractions are detected on ECG.**
- B. Immediately terminate the test if muscular fatigue occurs.
- C. Immediately terminate the test when intermittent premature ventricular contractions are detected on ECG.
- D. Initiate the test termination process when cardiac complications occur.

Answer: A

NEW QUESTION # 42

A client with a functional capacity of 7 MET, an ejection fraction of 37%, and an ST - segment depression of 1 mm below baseline on exertion

- A. Is considered to be at low risk.
- B. Is considered to be at high risk.
- **C. Is considered to be at moderate risk.**
- D. Should not exercise until his or her ejection fraction is >50%.

Answer: C

NEW QUESTION # 43

Which of the following is NOT considered to be an absolute contraindication to exercise testing?

- **A. Moderate valvular heart disease.**
- B. Unstable angina
- C. Suspected myocarditis.
- D. Psychosis.

Answer: A

NEW QUESTION # 44

Two individuals have the same body weight, gender, ethnic background, and skinfold measurement results. One is 25 years old; the other is 45 years. Given this scenario, which of the following statements is TRUE?

- A. They both have the same percentage of body fat.
- B. The 25-year-old individual is fatter.

- C. The 45-year-old individual is fatter.
- D. Who is fatter cannot be determined from the information given.

Answer: C

NEW QUESTION # 45

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