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ACSM Health/Fitness Instructor Exam Sample Questions (Q71-Q76):

NEW QUESTION # 71

Fire, bloodborne pathogens, and power outage should all be included in

- A. Facility insurance.
- B. Maintenance plans.
- C. Testing by the facility and staff.
- D. Safety plans.

Answer: D

NEW QUESTION # 72

Which of the following is NOT part of an emergency plan?

- A. The staff should be prepared and trained in the plan.
- **B. The plan should list the schedule of each staff member so that they can all be accounted for during an emergency.**
- C. The plan must be written.
- D. The plan should outline each specific action.

Answer: B

NEW QUESTION # 73

Which of the following is an indication for terminating an exercise test?

- A. The maximal heart rate exceeds 200 bpm.
- B. The RPE exceeds 17 on the standard scale.
- **C. The client requests test termination.**
- D. The respiratory exchange rate exceeds 0.95.

Answer: C

NEW QUESTION # 74

What is OSHA?

- A. A state agency that inspects emergency protocols within medical facilities.
- B. A state agency that licenses medical facilities.
- C. An agency that certifies a managed care organization.
- **D. A federal agency that sets standards for staff and patient safety.**

Answer: D

NEW QUESTION # 75

What action should you take for a 55-year-old client who has three risk factors for heart disease and complains of fatigue on exertion?

- **A. Conduct a maximal diagnostic stress test in the presence of a physician.**
- B. Conduct a submaximal stress test without the presence of a physician.
- C. Start the client exercising slowly, and test after 6 weeks.
- D. Use a questionnaire to evaluate activity, and do not conduct a test.

Answer: A

NEW QUESTION # 76

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