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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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ACSM Health/Fitness Instructor Exam Sample Questions (Q76-Q81):

NEW QUESTION # 76

Exercise clothing

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

Answer: D

NEW QUESTION # 77

What are some of the risks for musculoskeletal injury?

- A. Intrinsic factors-frequency, attitude, ender.
- B. Membership type
- **C. Extrinsic factors - intensity, terrain, equipment.**
- D. Poor Signage in the facility.

Answer: C

NEW QUESTION # 78

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

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

Answer: B

NEW QUESTION # 79

Given the sensitivity of the exercise ECG, stress testing conducted on 100 cardiac rehabilitation clients with documented CAD would be expected to produce what results?

- A. Approximately 50 clients show ECG indicators of CAD.
- B. All 100 clients show ECG indicators of CAD.
- C. Approximately 30 clients would show ECG indicators of CAD.
- **D. Approximately 70 clients would show ECG indicators of CA**

Answer: D

NEW QUESTION # 80

The exercise staffs role when an injury or emergency occurs should be to:

- A. Control the situation by implementing the emergency plan and taking charge.
- B. Hope that an emergency contact is available to help with the situation.
- C. Find someone to implement the emergency plan.
- D. Get everyone out of the facility to avoid chaos.

Answer: A

NEW QUESTION # 81

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