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## ACSM 030-444 Exam Syllabus Topics:

| Topic | Details |
|-------|---------|
|       |         |

|         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Topic 1 | <ul style="list-style-type: none"> <li>• <b>Exercise Training and Leadership:</b> This section of the exam measures the skills of exercise training instructors and covers the ability to effectively lead and supervise exercise training sessions for individuals with chronic diseases or conditions. It emphasizes the importance of implementing safe and effective exercise programs, modifying exercise plans as needed, and monitoring patients' responses to exercise.</li> </ul>                                                                                                                                                   |
| Topic 2 | <ul style="list-style-type: none"> <li>• <b>Exercise Testing:</b> This section of the exam measures the skills of exercise testing technicians and covers the selection, administration, and interpretation of submaximal aerobic exercise tests, as well as tests for musculoskeletal fitness, mobility, and balance. It includes knowledge of the acute and chronic responses to exercise and the ability to modify tests based on medication use or side effects. The focus is on selecting appropriate tests, administering them correctly, and interpreting the results to assess a patient's physical function and balance.</li> </ul> |
| Topic 3 | <ul style="list-style-type: none"> <li>• <b>Exercise Prescription:</b> This section of the exam measures the skills of exercise program designers and covers the knowledge and skills required to develop individualized exercise prescriptions based on patient assessments and goals. The ability to establish a safe and effective exercise program for individuals with chronic diseases or conditions.</li> </ul>                                                                                                                                                                                                                       |
| Topic 4 | <ul style="list-style-type: none"> <li>• <b>Education and Behavior Change:</b> This section of the exam measures the skills of health and wellness coaches and focuses on educating patients about the benefits of exercise, promoting behavior change, and providing strategies for long-term adherence to physical activity. It includes knowledge of patient-centered health counseling techniques and motivational interviewing skills, tailored exercise recommendations, and strategies for overcoming barriers to adherence.</li> </ul>                                                                                               |

## ACSM Certified Clinical Exercise Physiologist Sample Questions (Q105-Q110):

### NEW QUESTION # 105

What is the relative  $\dot{V}O_2$  of running on a treadmill at 6.5 mph and a 0% grade?

- A. 43.83 mL . kg<sup>-1</sup> . min<sup>-1</sup>
- **B. 38.34 mL . kg<sup>-1</sup> . min<sup>-1</sup>**
- C. 34.48 mL . kg<sup>-1</sup> . min<sup>-1</sup>
- D. 34.84 mL . kg<sup>-1</sup> . min<sup>-1</sup>

**Answer: B**

### NEW QUESTION # 106

A 55-kilogram woman trains on a cycle ergometer by pedaling at 60 rpm against a resistance of 1.5 kiloponds.

What is her absolute  $\dot{V}O_2$ ?

- A. 2.47 L . min<sup>-1</sup>
- **B. 1.36 L . min<sup>-1</sup>**
- C. 3600 mL . min<sup>-1</sup>
- D. 3.62 L . min<sup>-1</sup>

**Answer: B**

### NEW QUESTION # 107

What resistance would you set a cycle ergometer at if your 80-kg client needs to train at 6 METs? Assume a 50 rpm cycling cadence.

- A. 1.5 kg
- **B. 2.07 kg**
- C. 0.25 pounds.
- D. 0.45 pounds.

**Answer: B**

#### NEW QUESTION # 108

The recommended muscular strength and endurance training program for apparently healthy individuals should be

- **A. One set of 8 to 12 reps, 8 to 10 separate exercises, 2 days per week.**
- B. Two sets of six to eight reps, 8 to 10 separate exercises, 2 days per week.
- C. One set of 8 to 12 reps, 8 to 10 separate exercises, 4 to 5 days per week.
- D. Two sets of six to eight reps, 8 to 10 separate exercises, 4 days per week, and alternating days for legs and upper body.

**Answer: A**

#### NEW QUESTION # 109

A client is walking on a treadmill at 3.4 mph and a 5% grade. What is her  $\dot{V}O_2$  in relative terms?

- A. 11.9 mL · kg<sup>-1</sup> · min<sup>-1</sup>
- **B. 20.81 mL · kg<sup>-1</sup> · min<sup>-1</sup>**
- C. 24 mL · kg<sup>-1</sup> · min<sup>-1</sup>
- D. 9.11 mL · kg<sup>-1</sup> · min<sup>-1</sup>

**Answer: B**

#### NEW QUESTION # 110

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