

030-444 Exam Practice & Authentic 030-444 Exam Hub



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ACSM 030-444 Exam Syllabus Topics:

Topic	Details
Topic 1	• Exercise Training and Leadership: 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.
Topic 2	• Patient Assessment: This section of the exam measures the skills of clinical exercise specialists and covers the ability to assess a patient's medical record for relevant information, including understanding HIPAA and HITRUST rules. The focus is on obtaining and storing patient history, interpreting medical records, and assessing vital signs to determine a patient's program status. The section also assesses the ability to interview patients, reconcile medications, establish rapport using health counseling techniques, and obtain informed consent.
Topic 3	• Exercise Prescription: 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.

Topic 4	• Education and Behavior Change: 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.
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>> 030-444 Exam Practice <<

Quiz ACSM - Efficient 030-444 - ACSM Certified Clinical Exercise Physiologist Exam Practice

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ACSM Certified Clinical Exercise Physiologist Sample Questions (Q115-Q120):

NEW QUESTION # 115

What is the best way that an administrator can educate the fitness staff?

- A. Buying fitness videos.
- B. Voicing his or her opinion.
- C. Joining fitness organizations, and subscribing to fitness journals.
- D. Reading the newspaper.

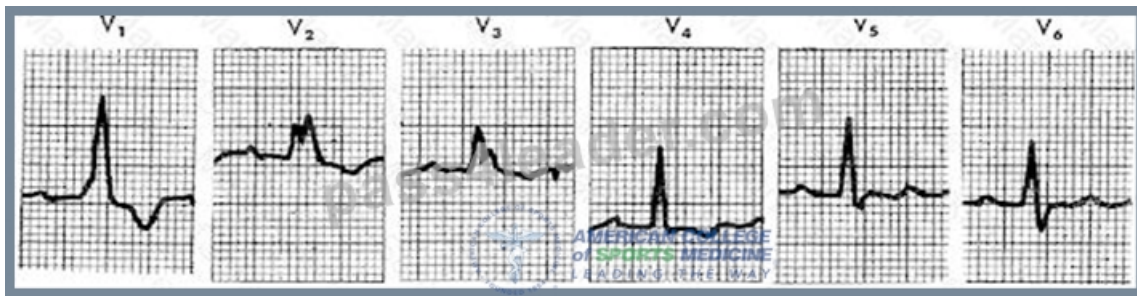
Answer: C

NEW QUESTION # 116

In the ECG strip shown below, what abnormality is indicated?

- A. Posterior wall MI.
- B. RBBB.
- C. LBBB.
- D. LVH.



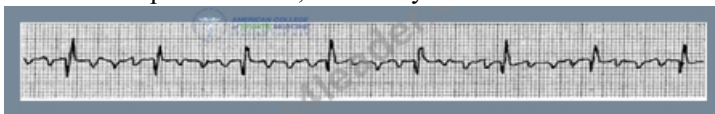


(From Goldberger AL: Clinical Electrocardiography: A Simplified Approach, 6th ed. St. Louis, Mosby, 1999, p 70.)

Answer: B

NEW QUESTION # 117

In the ECG strip shown below, which arrhythmia is indicated?



- A. Atrial flutter.
- B. Atrial tachycardia.
- C. Atrial fibrillation.
- D. Premature atrial contractions.

Answer: A

NEW QUESTION # 118

The exercise leader or health/fitness instructor should modify exercise sessions for participants with hypertension by

- A. Implementing high-intensity (>85% of HRR), short-duration intervals.
- B. Eliminating resistance training completely.
- C. Prolonging the cool-down.
- D. Shortening the cool-down to less than 5 minutes.

Answer: C

NEW QUESTION # 119

All of the following are helpful suggestions for an athlete trying to gain weight EXCEPT

- A. Increase portion sizes at meals.
- B. Eat one extra meal per day.
- C. Snack on energy- and nutrient-dense foods (e.g., fig bars, nuts and dried fruit).
- D. Eat more high-calorie foods (e.g., candy bars, soft drinks).

Answer: D

NEW QUESTION # 120

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Passing the ACSM 030-444 certification exam is not a tough thing to do but we make it so. The main reason is that we don't know how to study from the 030-444 exam questions we have. We assume that we can study one night and can easily take the ACSM Certified Clinical Exercise Physiologist 030-444 Exam the next morning. This was possible only when we were the school. Now, it is not possible.

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