

030-444 Latest Exam Book - 030-444 100% Exam Coverage



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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	• 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 3	• 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 4	• Legal and Professional Responsibilities: This section of the exam measures the skills of clinical practice managers and covers the legal and ethical considerations related to the practice of clinical exercise physiology. It includes knowledge of professional standards of care, legal regulations, emergency procedures, and risk management strategies. The section also emphasizes the importance of maintaining patient confidentiality, obtaining informed consent, and adhering to ethical guidelines in all aspects of practice.
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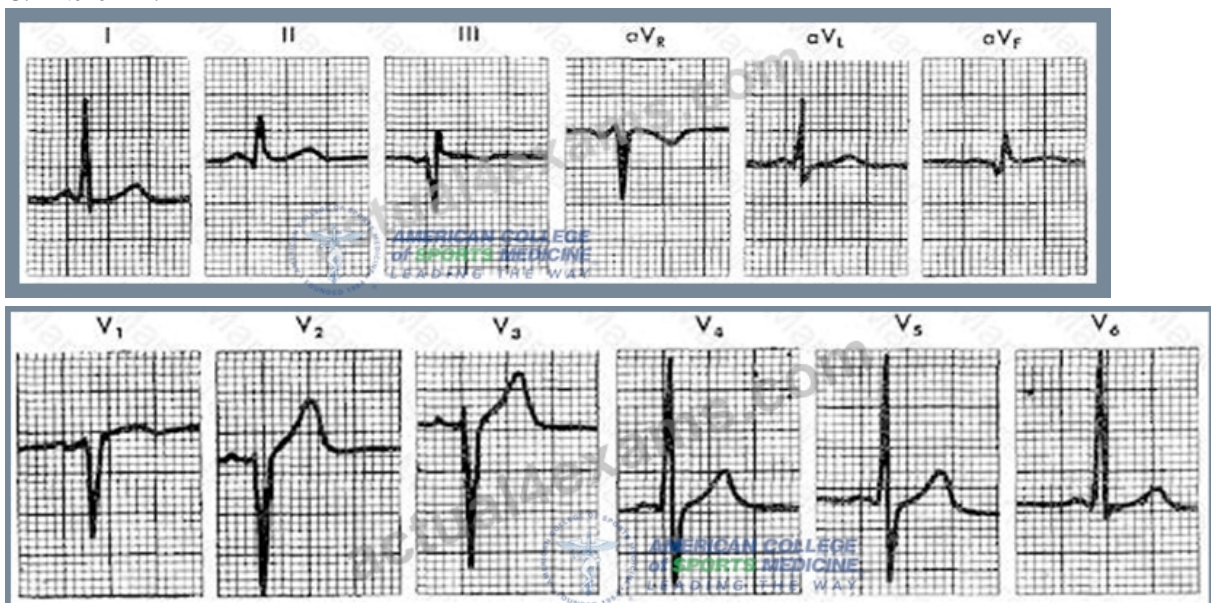
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ACSM Certified Clinical Exercise Physiologist Sample Questions (Q32-Q37):

NEW QUESTION # 32

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

- A. Posterior MI.
- **B. Inferior MI.**
- C. Anterior MI.



(From Goldberger AL: Clinical Electrocardiography: A Simplified Approach, 6th ed. St. Louis, Mosby, 1999, p 91.)

- D. Acute pericarditis.

Answer: B

NEW QUESTION # 33

What is the relative Y02 of running on a treadmill at 5.5 mph and a 12% grade?

- A. 47.2 mL · kg⁻¹ · min⁻¹
- B. 45.4 mL · kg⁻¹ · min⁻¹

- C. 48.9 mL . kg-1 . min-1
- D. 29.48 mL . kg-1 . min-1

Answer: C

NEW QUESTION # 34

What is the MET equivalent to level walking on a treadmill at 3.0 mph?

- A. 5.59 MET.
- B. 2.30 MET.
- C. 3.30 MET.
- D. 3.02 MET.

Answer: C

NEW QUESTION # 35

How many calories will a 110-pound woman expend if she pedals on a Monark cycle ergometer at 50 rpm against a resistance of 2.5 kiloponds for 60 minutes?

- A. 3,500 calories.
- B. 12.87 calories.
- C. 510 calories.
- D. 31.28 calories.

Answer: C

NEW QUESTION # 36

Which the following statements regarding intensity of resistance training is FALSE?

- A. Exercise intensity should be similar for males and females.
- B. The number of repetitions to volitional fatigue will vary inversely with resistance.
- C. It is necessary to determine the 1- RM to establish training intensity.
- D. Exercise to volitional fatigue is not dangerous from a musculoskeletal standpoint provided that good exercise form is maintained.

Answer: C

NEW QUESTION # 37

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