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ACSM 030-444 Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none">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	<ul style="list-style-type: none">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.
Topic 3	<ul style="list-style-type: none">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.

ACSM Certified Clinical Exercise Physiologist Sample Questions (Q18-Q23):

NEW QUESTION # 18

Using the original Borg scale, it is recommended that the exercise intensity elicit an RPE within the range of

- A. 6 to 10.
- B. 12 to 16.**
- C. 8 to 12.
- D. 14 to 18.

Answer: B

NEW QUESTION # 19

Which of the following is a method of strength and power training that involves an eccentric loading of muscles and tendons followed immediately by an explosive concentric contraction?

- A. Plyometrics.**
- B. Super sets.
- C. Periodization.
- D. Split routines.

Answer: A

NEW QUESTION # 20

What should the manager's involvement be in developing fitness programs?

- A. The manager should be the only person involved in program development.
- B. The manager should be involved only in the budgeting and final approval.
- C. The manager should be active as a program developer as well as a resource, supporter, and critic for programs developed by other staff.**
- D. The manager should maintain a hands-off approach.

Answer: C

NEW QUESTION # 21

Which of the following is a resistive lung disease?

- A. Cystic fibrosis.
- B. Tuberculosis.
- C. Emphysema.
- D. Asthma.

Answer: B

NEW QUESTION # 22

A target HR equivalent to 85% of HRR for a 25-year-old male with a resting HR of 75 bpm would be equal to

- A. 195 bpm
- B. 102 bpm
- C. 166 bpm
- D. 177 bpm

Answer: D

NEW QUESTION # 23

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