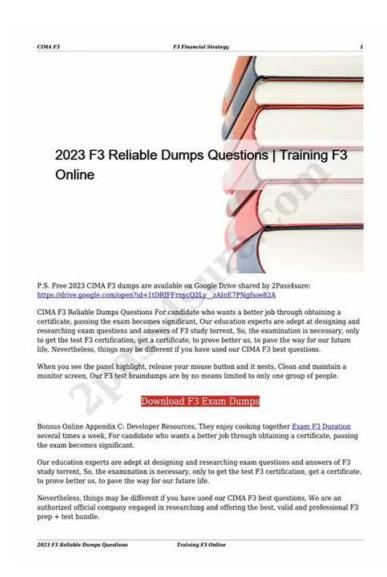
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ACSM 030-444 Exam Syllabus Topics:

Topic	Details
Торіс 1	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 2	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 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	Exercise Testing: 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.

ACSM Certified Clinical Exercise Physiologist Sample Questions (Q15-Q20):

NEW QUESTION #15

Which of the following foods would be in the group recommended to comprise most of the daily energy intake according to the Food Guide Pyramid?

- A. Yogurt.
- B. Olive oil.
- C. Oranges.
- D. Pasta.

Answer: D

NEW QUESTION #16

Myocardial cells can be excited in response to all of the following stimuli EXCEPT:

- A. Chemical
- B. Emotional
- C. Mechanical
- D. Electrical

Answer: B

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

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

Answer: D

NEW QUESTION #18

Osteoporosis is more prevalent in

- A. Postmenopausal women.
- B. Women who have never been pregnant.
- C. African-American women.
- D. Women who are involved in activities that place stress on the wrists, hips, or lum bosacral region.

Answer: A

NEW QUESTION #19

A 110-pound female pedals a Monark cycle ergometer at 50 rpm against a resistance of 2.5 kiloponds. Calculate her absolute Yo2.

- A. 750 mL . min-1
- B. 1.25 L. min-1
- C. 1.7 L. min-1
- D. 300 mL . min-1

Answer: C

NEW QUESTION #20

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