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ACSM 030-444 Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"> 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 2	<ul style="list-style-type: none"> 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.
Topic 3	<ul style="list-style-type: none"> 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.
Topic 4	<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.

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ACSM Certified Clinical Exercise Physiologist Sample Questions (Q34-Q39):

NEW QUESTION # 34

Why is public relations important to a fitness program?

- A. It reduces the risk of legal action against your staff.
- B. It makes sure that your clients are happy and getting what they want.
- C. It lowers your malpractice insurance premium by promoting quality.
- **D. It helps to promote the program and staff to the public.**

Answer: D

NEW QUESTION # 35

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

Answer: A

NEW QUESTION # 36

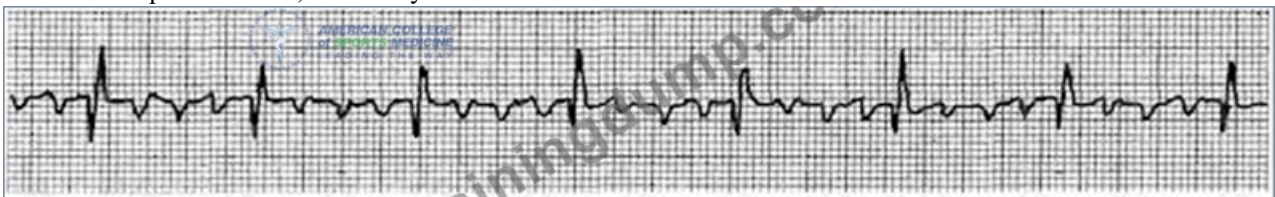
Which energy source represents the largest potential energy store in the body?

- A. Protein.
- **B. Fat.**
- C. Muscle glycogen.
- D. Blood glucose.

Answer: B

NEW QUESTION # 37

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



- **A. Atrial flutter.**
- B. Premature atrial contractions.
- C. Atrial fibrillation.

- Answer: A**

The manager's role in staff education is

- Answer: A**

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