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## ACSM 030-444 Exam Syllabus Topics:

| Topic   | Details                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Topic 1 | <ul style="list-style-type: none"><li>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.</li></ul>                                                                                                                                         |
| Topic 2 | <ul style="list-style-type: none"><li>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.</li></ul> |

|         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Topic 3 | <ul style="list-style-type: none"> <li>• <b>Exercise Prescription:</b> 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.</li> </ul>                                                                                                                                                                                                                       |
| Topic 4 | <ul style="list-style-type: none"> <li>• <b>Exercise Testing:</b> 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.</li> </ul> |

## ACSM Certified Clinical Exercise Physiologist Sample Questions (Q143-Q148):

### NEW QUESTION # 143

What are some of the common sales "rules" in promoting your fitness program?

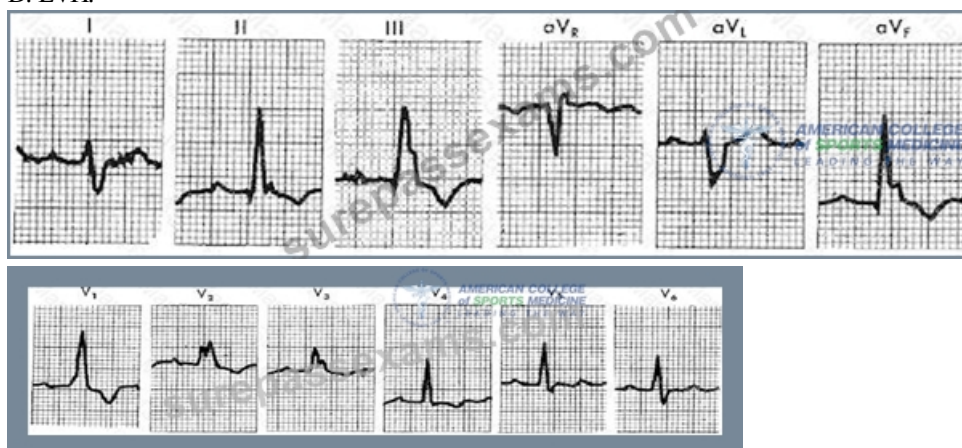
- A. Honesty and an understanding of the needs of the potential member are always the best way.
- B. Selling memberships at any cost is key.
- C. Long-term agreements make more money than short-term agreements.
- D. You know more than they do, so be aggressive.

**Answer: A**

### NEW QUESTION # 144

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 # 145

Which of the following statements regarding exercise for the elderly is FALSE?

- A. The ACSM recommends a cardiorespiratory training intensity of 50% to 70% of HRR for older adults.
- **B. Resistance exercise training is not recommended for older adults.**
- C. A loss of fat-free mass is responsible for the decrease in muscular strength as we age.
- D. A decrease in maximal HR is responsible for reductions in the maximal oxygen consumption as we age.

**Answer: B**

#### NEW QUESTION # 146

Which eating disorder is marked by an overwhelming fear of becoming fat, a distorted body image, and extreme restrictive eating?

- A. Chronic dieting.
- B. Bulimia.
- **C. Anorexia nervosa.**
- D. Yo-yo dieting.

**Answer: C**

#### NEW QUESTION # 147

Why should a fitness operator be concerned with state practice laws?

- A. State laws may control the number of minority employees working at your club.
- B. State laws may affect how much can be charged for a membership.
- **C. Many states have practice acts that control the behavior and actions of fitness instructors.**
- D. State laws help to identify illegal aliens who may apply for a job in your club.

**Answer: C**

#### NEW QUESTION # 148

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