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Format of ACSM 020-222: ACSM Health/Fitness Instructor Exam

- Examination duration: 165 minutes
- Score passing: 120
- Type: Several options, several responses.

- Question number: 150

ACSM Health/Fitness Instructor Exam Sample Questions (Q61-Q66):

NEW QUESTION # 61

The clinical exercise physiologist shares a responsibility to

- A. Implement measures to stop disease.
- **B. Implement preventive measures to reduce the risk of medical emergencies.**
- C. Make patients look healthy.
- D. Develop a plan to reduce the physical demands of exercise testing.

Answer: B

NEW QUESTION # 62

The most accurate screening method for signs and symptoms of CAD is a

- A. Discontinuous protocol, stopping at 85% of maximal heart rate.
- B. Continuous protocol, stopping at 85% of maximal heart rate.
- C. Submaximal exercise test with a 12-lead ECG.
- **D. Maximal exercise test with a 12-lead ECG.**

Answer: D

NEW QUESTION # 63

Lead V is located at the

- **A. Fourth intercostal space, right sternal border.**
- B. Midclavicular line, lateral to the xiphoid process.
- C. Fifth intercostal space, left sternal border.
- D. Midclavicular line, fourth intercostal space.

Answer: A

NEW QUESTION # 64

What is the best test to help determine ejection fraction at rest and during exercise?

- **A. MUGA (blood pool imagery) study.**
- B. Single-proton emission computer tomography.
- C. Angiography.
- D. Thallium stress test.

Answer: A

NEW QUESTION # 65

Beyond the general safety parameters, such as keeping equipment in good repair, a facility must create a safe environment for any individual, especially

- A. Health care providers.
- B. Guest clients.
- **C. Special populations.**
- D. Staff.

Answer: C

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