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How to Prepare for ACSM 020-222: ACSM Health/Fitness Instructor Exam

Preparation Guide for ACSM 020-222: ACSM Health/Fitness Instructor Exam

Introduction

The ACSM Certified Personal Trainer 020-222 test is part of the ACSM Certified Personal Trainer certification process. This exam verifies the candidate's readiness to assist and communicate efficient and environmentally ways of appropriate exercise leadership using fundamental ideas from exercise science. It also discusses the possibility of writing appropriate workout suggestions. This exam verifies that the applicant has sufficient knowledge and the capacity to motivate others to begin and maintain better habits. ACSM Certified Fitness Instructor are driven by a love for health and fitness, as well as a desire to help others live better lives. In this position, you'll be able to pursue your love while also pursuing a profession that allows you to help others achieve their fitness and health objectives. With an ACSM personal trainer accreditation, you'll be prepared to work in a range of fitness settings, including fitness centers, gyms, universities, corporate fitness centers, and community or public fitness centers, in jobs ranged between independent continuing education to comprehensive and even beyond.

ACSM Health/Fitness Instructor Exam Sample Questions (Q63-Q68):

NEW QUESTION # 63

How can exercise equipment add to the risk of participation?

- A. Because it is expensive.
- B. Because of the time one waits to use it.
- **C. Because it is used incorrectly.**
- D. Because it is hard to move.

Answer: C

NEW QUESTION # 64

A client who has a measured FVC of 3.5 L and can expel 3.1 L within 1 second has

- A. A restrictive defect.
- B. An FEV of 3.1.
- C. An obstructive defect.
- **D. An FEV of 89%.**

Answer: D

NEW QUESTION # 65

Which of the following is NOT a principle of low back care?

- **A. Controlled leg press or squat with light weights.**
- B. Unloaded flexion/extension of the spine.
- C. Abdominal curl-ups/
- D. Neutral spine during all exercises.

Answer: A

NEW QUESTION # 66

A client with a functional capacity of 7 MET, an ejection fraction of 37%, and an ST segment depression of 1 mm below baseline on exertion

- A. Is considered to be at low risk.

- Answer: B**

Answer: C

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