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Introduction to ACSM 020-222: ACSM Health/Fitness Instructor Exam

ACSM Certified Personal Trainers (ACSM-CPT) share their love for health and wellness with others, inspiring them to live their best lives. You will be your passion in this job, and you will enjoy a career helping people to their fitness and health goals. A personal coach certification from ACSM allows you to work in a variety of settings, including sports clubs, gyms, colleges, corporate, public, and fitness facilities, from self-employment to full-time training and beyond. Before registering, double-check that you meet all eligibility requirements, including having current CPR or BLS certifications. You're on your road to finding love after passing your exam! It's time to begin your career and help others live better lives. The greatest resources of the exam are **ACSM 020-222 exam dumps**.

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ACSM Health/Fitness Instructor Exam Sample Questions (Q62-Q67):

NEW QUESTION # 62

Two individuals have the same body weight, gender, ethnic background, and skinfold measurement results. One is 25 years old; the other is 45 years. Given this scenario, which of the following statements is TRUE?

- A. Who is fatter cannot be determined from the information given.
- B. The 25-year-old individual is fatter.
- C. The 45-year-old individual is fatter.
- D. They both have the same percentage of body fat.

Answer: C

NEW QUESTION # 63

For a client taking a -blocker who has lowered resting blood pressure and heart rate, which of the following statements is TRUE?

- A. A submaximal test may underestimate the client's fitness.
- B. The client should be tested only when not taking the medication.
- C. A submaximal test may overestimate the client's fitness.
- D. A submaximal test will provide the best estimate of the client's fitness.

Answer: C

NEW QUESTION # 64

An equipment maintenance plan should include

- A. A document that records maintenance and repair history.
- B. A floor plan.
- C. Temperature and humidity readings.
- D. A client advisory statement.

Answer: A

NEW QUESTION # 65

What are some of the risks for musculoskeletal injury?

- A. Extrinsic factors - intensity, terrain, equipment.
- B. Intrinsic factors-frequency, attitude, ender.
- C. Membership type
- D. Poor Signage in the facility.

Answer: A

NEW QUESTION # 66

Which of the following is NOT considered to be an absolute contraindication to exercise testing?

- A. Unstable angina
- B. Moderate valvular heart disease.
- C. Psychosis.

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