

020-222 Reliable Practice Questions | Ready to Pass The ACSM Health/Fitness Instructor Exam



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ACSM Health/Fitness Instructor Exam Sample Questions (Q51-Q56):

NEW QUESTION # 51

RICES refers to

- A. Rest, Ice, Compression, Elevation, and Stabilization.
- B. Relaxation, Ice, Compression, Energy, and Stabilization.
- C. Relaxation, Incremental heat, Care for injury, Energy, and Standardization.
- D. Rest, Ice, Common sense, Energy, and Standardization.

Answer: A

NEW QUESTION # 52

Following termination of a stress test, a 12-lead ECG is

- A. Monitored immediately only.
- B. Monitored and recorded only if any signs or symptoms arise during recovery.

- C. Monitored immediately, then at 2 and ,5 minutes after the test.
- **D. Monitored immediately, then every 1 to 2 minutes until exercise-induced changes are at baseline.**

Answer: D

NEW QUESTION # 53

Weight room safety should include

- A. Male trainers to help with spotting.
- **B. Safe passageways and use of the buddy system.**
- C. Lifting gloves and back belts.
- D. A phone.

Answer: B

NEW QUESTION # 54

Which of the following criteria would NOT classify a client as having "increased risk"?

- A. Two or more major risk factors for CAD.
- **B. Male older than 40 years with a history of clinical depression.**
- C. Signs and/or symptoms of cardiopulmonary disease.
- D. Signs and/or symptoms of metabolic disease.

Answer: B

NEW QUESTION # 55

Which of the following criteria would NOT classify a client as having "increased risk"?

- A. Two or more major risk factors for CAD.
- **B. Male older than 40 years with a history of clinical depression.**
- C. Signs and/or symptoms of cardiopulmonary disease.
- D. Signs and/or symptoms of metabolic disease.

Answer: B

NEW QUESTION # 56

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