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ACSM Health/Fitness Instructor Exam Sample Questions (Q27-Q32):

NEW QUESTION # 27

Flexibility is a measure of the

- A. Effort-free ROM about a joint.
- B. Disease-free ROM about a joint.
- C. Pain-free ROM about a joint.
- D. Habitually used ROM about a joint.

Answer: C

NEW QUESTION # 28

Adults age physiologically at individual rates. Therefore, adults of any specified age will vary widely in their physiologic responses to exercise testing. Special consideration should be given to older adults when giving a fitness test, because

- A. Age is often accompanied by de conditioning and disease.
- B. Age predisposes older adults to clinical depression and neurologic diseases.
- C. Older adults cannot be physically stressed beyond 75% of age-adjusted maximum.
- D. Older adults are not as motivated to exercise as those who are younger.

Answer: A

NEW QUESTION # 29

Emergency procedures and safety include which of the following?

- A. Metabolic injuries.
- B. Basic principles for exercise training.
- C. Injury prevention.
- D. Emergency consequences.

Answer: C

NEW QUESTION # 30

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. Neutral spine during all exercises.
- D. Abdominal curl-ups/

Answer: A

NEW QUESTION # 31

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 obstructive defect.
- C. An FEV of 89%.
- D. An FEV of 3.1.

Answer: C

NEW QUESTION # 32

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