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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.

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ACSM Health/Fitness Instructor Exam Sample Questions (Q19-Q24):

NEW QUESTION #19

A well-designed consent document developed in consultation with a qualified legal professional provides your facility with

- A. No legal benefit.
- B. Legal documentation of a client's understanding of assessment procedures.
- C. Legal immunity against lawsuits.
- D. Documentation of a good-faith effort to educate your clients.

Answer: D

NEW QUESTION #20

Weight room safety should include

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

Answer: A

NEW QUESTION #21

Exercise clothing

- A. Should be bright so that you are easily seen in an aerobics class.
- B. Has only one rule: be comfortable.
- C. Creates an important fashion statement.
- D. Must be safe and performs appropriately, like the exercise equipment.

Answer: D

NEW QUESTION #22

Which of the following formulae is used for determining workload on a bicycle ergometer?

- A. Belt length x resistance x grade.
- B. Resistance x distance flywheel traveled per revolution x revolutions per minute.
- C. Resistance x distance flywheel traveled per revolution.
- D. Belt length x resistance x revolutions pedaled per minute.

Answer: B

NEW QUESTION #23

Emergency procedures and safety include which of the following?

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

Answer: B

NEW QUESTION #24

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