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## ACSM – CEP Questions and Answers Latest Updated 2022

What is used as a preparticipation health screening tool by a professional for the general (non-clinical) population? **✓✓The ACSM algorithm**

Sedentary

Known CV, metabolic, or renal disease

No signs or sx

Is medical clearance recommended?

At what intensity? **✓✓Medical clearance is recommended**

**Light-moderate, progress as tolerated**

Sedentary

No known CV, metabolic, or renal disease

No signs or sx

Is medical clearance recommended?

At what intensity? **✓✓Medical clearance is not necessary**

**Light to moderate, progress to vig**

Sedentary

Known CV, metabolic, or renal disease

Has sign or sx

Is medical clearance recommended?

At what intensity? **✓✓Medical clearance is recommended**

**Light-moderate, progress as tolerated**

Active

No known CV, metabolic, or renal disease

No signs or sx

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- An ACSM Accredited Fitness Instructor is upbeat and unique since their skills are superior to those of non-certified trainers.
- The ACSM Certified Fitness Instructor Certification enables candidates with professional training in any area to work in the company as a competent worker.

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## **ACSM Health/Fitness Instructor Exam Sample Questions (Q68-Q73):**

### **NEW QUESTION # 68**

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 # 69**

Hydrodensitometry (hydrostatic weighing, underwater weighing) has several sources of error. Which of the following is NOT a common source of error when using this technique to determine body composition?

- A. Interindividual variability in the amount of air in the gastrointestinal tract.
- B. Measurement of the residual volume.
- C. Interindividual variability in the density of the individual lean tissue compartment.
- **D. Measurement of the vital capacity of the lungs.**

**Answer: D**

### **NEW QUESTION # 70**

Documentation in the context of emergency response commonly refers to

- A. Records of attendance.

- B. Records of all emergency situations.
- C. Manuals for all emergency equipment.
- D. Records of each exercise session.

**Answer: B**

#### NEW QUESTION # 71

Which of the following is a FALSE statement regarding informed consent?

- A. Informed consent is not a legal document.
- B. Informed consent does not provide legal immunity to a facility or individual in the event of injury to a client.
- C. Negligence, improper test administration, inadequate personnel qualifications, and insufficient safety procedures are all items expressly covered by the informed consent.
- D. Informed consent does not relieve the facility or individual of the responsibility to do everything possible to ensure the safety of the client.

**Answer: C**

#### NEW QUESTION # 72

What U.S. legislation is critical for operators of fitness facilities to understand and adhere to regarding safety?

- A. The Americans with Disabilities Act.
- B. The Health Portability Act of 1996.
- C. The Civil Rights Act of 1966.
- D. The Americans with Handicaps Act.

**Answer: A**

#### NEW QUESTION # 73

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