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## ACSM 030-444 Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none"><li>Education and Behavior Change: This section of the exam measures the skills of health and wellness coaches and focuses on educating patients about the benefits of exercise, promoting behavior change, and providing strategies for long-term adherence to physical activity. It includes knowledge of patient-centered health counseling techniques and motivational interviewing skills, tailored exercise recommendations, and strategies for overcoming barriers to adherence.</li></ul>

Topic 2	<ul style="list-style-type: none"> <li>Exercise Testing: This section of the exam measures the skills of exercise testing technicians and covers the selection, administration, and interpretation of submaximal aerobic exercise tests, as well as tests for musculoskeletal fitness, mobility, and balance. It includes knowledge of the acute and chronic responses to exercise and the ability to modify tests based on medication use or side effects. The focus is on selecting appropriate tests, administering them correctly, and interpreting the results to assess a patient's physical function and balance.</li> </ul>
Topic 3	<ul style="list-style-type: none"> <li>Legal and Professional Responsibilities: This section of the exam measures the skills of clinical practice managers and covers the legal and ethical considerations related to the practice of clinical exercise physiology. It includes knowledge of professional standards of care, legal regulations, emergency procedures, and risk management strategies. The section also emphasizes the importance of maintaining patient confidentiality, obtaining informed consent, and adhering to ethical guidelines in all aspects of practice.</li> </ul>
Topic 4	<ul style="list-style-type: none"> <li>Patient Assessment: This section of the exam measures the skills of clinical exercise specialists and covers the ability to assess a patient's medical record for relevant information, including understanding HIPAA and HITRUST rules. The focus is on obtaining and storing patient history, interpreting medical records, and assessing vital signs to determine a patient's program status. The section also assesses the ability to interview patients, reconcile medications, establish rapport using health counseling techniques, and obtain informed consent.</li> </ul>
Topic 5	<ul style="list-style-type: none"> <li>Exercise Prescription: This section of the exam measures the skills of exercise program designers and covers the knowledge and skills required to develop individualized exercise prescriptions based on patient assessments and goals. The ability to establish a safe and effective exercise program for individuals with chronic diseases or conditions.</li> </ul>

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### ACSM Certified Clinical Exercise Physiologist Sample Questions (Q55-Q60):

#### NEW QUESTION # 55

Informed consent is best described as

- A. A process that is backed up by a form
- B. Being an informed consumer to ensure that one undertakes the proper exercise program
- C. A legal form
- D. Something that only a lawyer can provide to an exercise program

**Answer: A**

#### NEW QUESTION # 56

Which of the following elements is NOT part of an emergency plan for a clinical exercise program?

- A. Scenarios developed to increase the applicability of the emergency plan practice sessions.
- B. Emergency plan that constantly refers to national established guidelines (e.g., ACLS) without addressing unique features of the program
- C. Emergency drills carried out on a regular basis and documented.

- D. Annual practice sessions involving all staff.

**Answer: D**

#### **NEW QUESTION # 57**

The recommended muscular strength and endurance training program for apparently healthy individuals should be

- A. Two sets of six to eight reps, 8 to 10 separate exercises, 2 days per week.
- B. One set of 8 to 12 reps, 8 to 10 separate exercises, 4 to 5 days per week.
- C. One set of 8 to 12 reps, 8 to 10 separate exercises, 2 days per week.
- D. Two sets of six to eight reps, 8 to 10 separate exercises, 4 days per week, and alternating days for legs and upper body.

**Answer: C**

#### **NEW QUESTION # 58**

Which of the following is NOT an appropriate treatment activity for inpatient rehabilitation of a client on the second day after coronary artery bypass graft (CABG) surgery?

- A. Limit activities as tolerated to the development of self-care activities, ROM for extremities, and low- resistance activities.
- B. Limit upper body activities to biceps curls, horizontal arm adduction, and overhead press using 5-pound weights while sitting on the side of the bed.
- C. Progress all activities performed from supine to sitting to standing.
- D. Measure vital signs, symptoms, RPE, fatigue, and skin color and perform electrocardiography before, during, and after treatments to assess activity tolerance.

**Answer: B**

#### **NEW QUESTION # 59**

The safety of resistance exercise is dependent on all of the following except

- A. Having a personal trainer.
- B. Body mechanics.
- C. Proper breathing
- D. Speed of movement.

**Answer: A**

#### **NEW QUESTION # 60**

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