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## ACSM 030-444 Exam Syllabus Topics:

Topic	Details

Topic 1	<ul style="list-style-type: none"> <li>• <b>Patient Assessment:</b> 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 2	<ul style="list-style-type: none"> <li>• <b>Exercise Prescription:</b> 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>
Topic 3	<ul style="list-style-type: none"> <li>• <b>Exercise Training and Leadership:</b> This section of the exam measures the skills of exercise training instructors and covers the ability to effectively lead and supervise exercise training sessions for individuals with chronic diseases or conditions. It emphasizes the importance of implementing safe and effective exercise programs, modifying exercise plans as needed, and monitoring patients' responses to exercise.</li> </ul>

## ACSM Certified Clinical Exercise Physiologist Sample Questions (Q148-Q153):

### NEW QUESTION # 148

What is a subject's work rate in watts if he pedals on a Monark cycle ergometer at 50 rpm at a resistance of 2.0 kiloponds?

- A. 300W.
- **B. 100W.**
- C. 50W.
- D. 200W.

**Answer: B**

### NEW QUESTION # 149

What is an appropriate initial weight loss goal for an obese individual desiring weight reduction?

- **A. 10% initial body weight in first 6 months.**
- B. BMI of less than 18.5.
- C. 5 pounds per week for the first 6 weeks, then weight maintenance.
- D. 20 pounds in 2 months.

**Answer: A**

### NEW QUESTION # 150

Women are likely to be deficient in both calcium and iron, because

- **A. All of the above.**
- B. They tend to consume less dairy products.
- C. They tend to consume less overall energy than men.
- D. They tend to consume less protein from meat sources.

**Answer: A**

### NEW QUESTION # 151

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



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