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# ACSM Health/Fitness Instructor Exam Sample Questions (Q26-Q31):

### **NEW QUESTION #26**

Fire, bloodborne pathogens, and power outage should all be included in

- A. Testing by the facility and staff.
- B. Maintenance plans.
- C. Safety plans.
- D. Facility insurance.

Answer: C

## **NEW QUESTION #27**

For a client taking a -blocker who has lowered resting blood pressure and heart rate, which of the following statements is TRUE?

- A. A submaximal test may overestimate the client's fitness.
- B. A submaximal test will provide the best estimate of the client's fitness.

- C. The client should be tested only when not taking the medication.
- D. A submaximal test may underestimate the client's fitness.

#### Answer: A

### **NEW QUESTION #28**

What is the most appropriate action in assisting a person suffering from a seizure?

- A. Place a wedge in the person's mouth so that he or she does not swallow the tongue.
- B. Do not touch the person, but be sure that he or she is in a safe area.
- C. Hold the person down so that he or she does not hurt himself or herself.
- D. Ignore the person, and allow the seizure to pass.

#### Answer: B

### **NEW QUESTION #29**

RICES refers to

- A. Relaxation, Ice, Compression, Energy, and Stabilization.
- B. Relaxation, Incremental heat, Care for injury, Energy, and Standardization.
- C. Rest, Ice, Compression, Elevation, and Stabilization.
- D. Rest, Ice, Common sense, Energy, and Standardization.

#### Answer: C

#### **NEW QUESTION #30**

Which of the following is NOT a principle of low back care?

- A. Abdominal curl-ups/
- B. Unloaded flexion/extension of the spine.
- C. Neutral spine during all exercises.
- D. Controlled leg press or squat with light weights.

#### Answer: D

#### **NEW QUESTION #31**

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