

# Unparalleled ACSM 020-222: ACSM Health/Fitness Instructor Exam Valid Mock Exam - Authoritative Pass4cram 020-222 Accurate Prep Material



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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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It is universally accepted that in this competitive society in order to get a good job we have no choice but to improve our own capacity and explore our potential constantly, and try our best to get the related 020-222 certification is the best way to show our professional ability, however, the exam is hard nut to crack and there are so many 020-222 preparation questions related to the exam, it seems impossible for us to systematize all of the key points needed for the exam by ourselves, ACSM 020-222 Valid Mock Exam We strongly advise the combination of the three methods.

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