

Free PDF 2025 020-222: ACSM Health/Fitness Instructor Exam Authoritative Best Preparation Materials



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Format of ACSM 020-222: ACSM Health/Fitness Instructor Exam

- Score passing: 120
- Question number: 150
- Examination duration: 165 minutes
- Type: Several options, several responses.

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ACSM Health/Fitness Instructor Exam Sample Questions (Q57-Q62):

NEW QUESTION # 57

An equipment maintenance plan should include

- A. A client advisory statement.
- B. Temperature and humidity readings.
- C. A document that records maintenance and repair history.
- D. A floor plan.

Answer: C

NEW QUESTION # 58

During calibration of a treadmill, the belt length was found to be 5.5 m. It took 1 minute and 40 seconds for the belt to travel 20 revolutions. What is the treadmill speed?

- A. 66 m/min.
- B. 110 m/min.
- C. 4 m/min.
- D. 79 m/min.

Answer: A

NEW QUESTION # 59

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

Answer: C

NEW QUESTION # 60

Which of the following is NOT considered to be an absolute contraindication to exercise testing?

- A. Unstable angina
- B. Suspected myocarditis.
- C. Moderate valvular heart disease.
- D. Psychosis.

Answer: C

NEW QUESTION # 61

One of the first actions that a fitness instructor should consider in preventing injury is to

- A. Conduct a preparticipation screening.
- B. Instruct the client on how to use the exercise equipment safely.
- C. Teach the client how to warm-up and cool-down.
- D. Instruct the client on safety procedures when using the facility.

Answer: A

NEW QUESTION # 62

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