Free PDF Quiz 2025 ACSM 030-444: Efficient Reliable ACSM Certified Clinical Exercise Physiologist Test Prep



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ACSM 030-444 Exam Syllabus Topics:

Topic	Details
Торіс 1	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.
Topic 2	 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.
Topic 3	Exercise Training and Leadership: 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.
Торіс 4	 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.

Topic 5

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.

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ACSM Certified Clinical Exercise Physiologist Sample Questions (Q92-Q97):

NEW OUESTION #92

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

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

Answer: A

NEW OUESTION #93

What is the best way that an administrator can educate the fitness staff?

- A. Reading the newspaper.
- B. Voicing his or her opinion.
- C. Joining fitness organizations, and subscribing to fitness journals.
- D. Buying fitness videos.

Answer: C

NEW QUESTION #94

A client taking a calcium-channel blocker most likely will exhibit which of the following responses during exercise?

- A. Severe hypotension.
- B. Increased ischemia.
- C. Hypertensive response.
- D. Improved anginal thresholds.

Answer: D

NEW QUESTION #95

Which of the following is a fixed expense?

• A. Utilities (e.g., telephone).

- B. Laboratory charge backs for blood work.
- C. Salaries.
- D. Office supplies.

Answer: C

NEW QUESTION #96

Slow conduction in the A V node is associated with

- A. Elevated ST segment.
- B. Prolonged QRS interval.
- C. Prolonged PR interval.
- D. Shortened QT interval.

Answer: C

NEW QUESTION #97

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