

High efficient 030-444 Guide Torrent Practice Materials: ACSM Certified Clinical Exercise Physiologist - VCE4Dumps



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ACSM 030-444 Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none">• 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.
Topic 2	<ul style="list-style-type: none">• 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 3	<ul style="list-style-type: none">• 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 4	<ul style="list-style-type: none">• Exercise Testing: This section of the exam measures the skills of exercise testing technicians and covers the selection, administration, and interpretation of submaximal aerobic exercise tests, as well as tests for musculoskeletal fitness, mobility, and balance. It includes knowledge of the acute and chronic responses to exercise and the ability to modify tests based on medication use or side effects. The focus is on selecting appropriate tests, administering them correctly, and interpreting the results to assess a patient's physical function and balance.

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ACSM Certified Clinical Exercise Physiologist Sample Questions (Q118-Q123):

NEW QUESTION # 118

Normal values for fasting blood sugar are

- A. Between 200 and 400 mg/dL.
- **B. Between 60 and 140 mg/dL.**
- C. Less than 60 mg/dL.
- D. Greater than 140 mg/dL.

Answer: B

NEW QUESTION # 119

Symptoms of claudication include

- A. Pitting ankle edema at a rating of 3 +
- B. Acute, sharp pain in the foot on palpation at rest.
- C. Crepitus in the knee during cycling.
- **D. Cramping, burning, and tightness in the calf muscle, usually triggered by activity and relieved with rest.**

Answer: D

NEW QUESTION # 120

Osteoporosis is more prevalent in

- A. African-American women.
- B. Women who have never been pregnant.
- **C. Postmenopausal women.**
- D. Women who are involved in activities that place stress on the wrists, hips, or lumbar sacral region.

Answer: C

NEW QUESTION # 121

The MINIMAL duration of exercise necessary to achieve improvements in health for deconditioned individuals is

- A. 20 minutes continuously.
- B. Two sessions of 20 minutes throughout the day.
- **C. Multiple sessions of more than 10 minutes in duration throughout the day.**
- D. 30 minutes continuously.

Answer: C

NEW QUESTION # 122

A 110-pound female pedals a Monark cycle ergometer at 50 rpm against a resistance of 2.5 kiloponds. Calculate her absolute $\dot{V}O_2$.

- A. 1.25 L . min⁻¹
- **B. 1.7 L . min⁻¹**
- C. 300 mL . min⁻¹
- D. 750 mL . min⁻¹

Answer: B

NEW QUESTION # 123

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