

High Pass-Rate - How to Prepare for ACSM 030-444 Efficiently and Easily



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ACSM 030-444 Exam Syllabus Topics:

Topic	Details
Topic 1	<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 2	<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 3	<ul style="list-style-type: none">• 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.
Topic 4	<ul style="list-style-type: none">• 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 5	<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.
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>> 030-444 New Study Questions <<

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ACSM Certified Clinical Exercise Physiologist Sample Questions (Q74-Q79):

NEW QUESTION # 74

The recommended muscular strength and endurance training program for apparently healthy individuals should be

- A. Two sets of six to eight reps, 8 to 10 separate exercises, 2 days per week.
- **B. One set of 8 to 12 reps, 8 to 10 separate exercises, 2 days per week.**
- C. One set of 8 to 12 reps, 8 to 10 separate exercises, 4 to 5 days per week.
- D. Two sets of six to eight reps, 8 to 10 separate exercises, 4 days per week, and alternating days for legs and upper body.

Answer: B

NEW QUESTION # 75

What do effective program administration and management create and/or reduce?

- **A. They create successful programs and reduce problems.**
- B. They create more work for the staff and reduce feedback.
- C. They create problems with staff egos.
- D. They reduce memberships.

Answer: A

NEW QUESTION # 76

The BMI is calculated using which of the following formulas?

- **A. Weight/height².**
- B. Weight/hip circumference.
- C. Height/weight².
- D. Hip circumference/height.

Answer: A

NEW QUESTION # 77

What is the relative oxygen cost of bench stepping at a rate of 24 steps per minute up a 10-inch stepping box? The individual weighs 140 pounds.

- Answer: C**

If a 70-kg man runs on a treadmill at 8 mph and a 0% grade for 45 minutes, what is his caloric expenditure?

- A. 730.48 calories.
- B. 392.18 calories.
- C. Not enough information to answer the question
- D. 1,067.07 calories.

Answer: A

NEW QUESTION # 79

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