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020-222 Benchmark Examination

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ACSM 020-222 Exam Syllabus Topics:

Topic	Details
Topic 1	• Exercise Prescription Implementation (and Ongoing Support)
Topic 2	• Exercise Counseling and Behavioral Strategies
Topic 3	• Health and Fitness Assessment

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ACSM Health/Fitness Instructor Exam Sample Questions (Q20-Q25):

NEW QUESTION # 20

For a client who has a contraindication to exercise testing but could benefit greatly from the information gained through testing, which of the following statements is TRUE?

- A. The client should not be tested until the contraindication is resolved.
- **B. The contraindication is considered to be a relative contraindication.**
- C. A submaximal test is the only test that the client should complete.
- D. The contraindication is considered to be an absolute contraindication.

Answer: B

NEW QUESTION # 21

The clinical exercise physiologist shares a responsibility to

- **A. Implement preventive measures to reduce the risk of medical emergencies.**
- B. Develop a plan to reduce the physical demands of exercise testing.
- C. Implement measures to stop disease.
- D. Make patients look healthy.

Answer: A

NEW QUESTION # 22

Following termination of a stress test, a 12-lead ECG is

- A. Monitored immediately only.
- B. Monitored and recorded only if any signs or symptoms arise during recovery.
- C. Monitored immediately, then every 1 to 2 minutes until exercise-induced changes are at baseline.
- D. Monitored immediately, then at 2 and ,5 minutes after the test.

Answer: C

NEW QUESTION # 23

Relative contraindications for exercise testing are conditions for which

- A. A physician should be present during the testing procedures.
- B. Exercise testing will not provide accurate assessment of health-related fitness.
- C. Professional judgment about the risks and benefits of testing should determine whether to conduct an assessment.
- D. Exercise testing should not be performed until the condition improves.

Answer: C

NEW QUESTION # 24

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. 4 m/min.
- C. 79 m/min.
- D. 110 m/min.

Answer: A

NEW QUESTION # 25

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