

Overcome Exam Challenges with ACSM 020-222 Exam Questions

ACSM CEP Exam 2022 Questions and Answers

Absolute Contraindications to Exercise Testing - ANSWER • A recent significant change in the resting ECG suggesting significant ischemia, recent MI (within 2 d), or other acute cardiac event

- Unstable angina
- Uncontrolled cardiac dysrhythmias causing symptoms or hemodynamic compromise
- Symptomatic severe aortic stenosis
- Uncontrolled symptomatic heart failure
- Acute pulmonary embolus or pulmonary infarction
- Acute myocarditis or pericarditis
- Suspected or known dissecting aneurysm
- Acute systemic infection, accompanied by fever, body aches, or swollen lymph glands

Relative Contraindications to Exercise Testing - ANSWER • Left main coronary stenosis

- Moderate stenotic valvular heart disease
- Electrolyte abnormalities (hypokalemia or hypomagnesemia)
- Severe arterial hypertension (SBP > 200 mmHg and/or DBP > 110 mmHg) at rest
- Tachydysrhythmia or bradydysrhythmia
- Hypertrophic cardiomyopathy and other forms of outflow tract obstruction
- Neuromotor, musculoskeletal, or rheumatoid disorders that are exacerbated by exercise
- High-degree AV block
- Ventricular aneurysm
- Uncontrolled metabolic disease (diabetes, thyrotoxicosis, or myxedema)
- Chronic infectious disease (e.g. HIV)
- Mental or physical impairment leading to inability to exercise adequately

General Indications for Stopping an Exercise Test - ANSWER • Onset of angina or angina-like symptoms

- Drop in SBP of ≥ 10 mmHg with an increase in work rate or if SBP decreases below the value obtained in the same position prior to testing
- Excessive rise in BP: SBP > 250 mmHg and/or DBP > 115 mmHg
- Shortness of breath, wheezing, leg cramps, or claudication
- Signs of poor perfusion: light-headedness, confusion, ataxia (loss of full control of bodily movements), (pallor) unhealthy pale appearance, cyanosis (bluish skin color), nausea, or cold and clammy skin
- Failure of HR to increase with increased exercise intensity
- Noticeable change in heart rhythm by palpation or auscultation
- Subject requests to stop
- Physical or verbal manifestations of severe fatigue
- Failure of the testing equipment

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ACSM Health/Fitness Instructor Exam Sample Questions (Q64-Q69):

NEW QUESTION # 64

Which of the following are symptoms of hypoglycemia?

- A. Bronchospasms and hyperventilation.
- **B. Tachycardia and slurred speech.**
- C. Cold, clammy skin.
- D. Hypotension.

Answer: B

NEW QUESTION # 65

In developing an emergency plan, program administrators must take into account all of the following factors EXCEPT

- **A. Types of exercise equipment.**
- B. Ventilation, temperature, and humidity.
- C. Type of electrical wiring.
- D. Type of flooring.

Answer: A

NEW QUESTION # 66

What action should you take for a 55-year-old client who has three risk factors for heart disease and complains of fatigue on exertion?

- A. Use a questionnaire to evaluate activity, and do not conduct a test.
- **B. Conduct a maximal diagnostic stress test in the presence of a physician.**
- C. Conduct a submaximal stress test without the presence of a physician.
- D. Start the client exercising slowly, and test after 6 weeks.

Answer: B

NEW QUESTION # 67

In preventing injuries, hydration is very important, because

- A. It controls breathing and the Valsalva maneuver.
- **B. It helps to regulate body temperature and electrolyte balance.**
- C. It helps to prevent blood pooling during the cool-down.
- D. It helps to regulate carbohydrate utilization during cardiovascular exercise.

Answer: B

NEW QUESTION # 68

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

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

Answer: D

NEW QUESTION # 69

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