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ACSM EP Exam (Everything you need to pass) (2024/2025) Already Graded A

Which of the following is the MOST important exercise variable in preventing injuries?

- a. High intensity
- b. Longer bouts of duration
- c. Consecutive days of training
- d. Slow and gradual progression ✓✓d. Slow and gradual progression

The Framingham Heart Study started as a large cohort study in 1948 with the purpose of identifying and examining the effects of various risk factors for the development of which disease process?

- a. Cardiovascular disease
- b. Neuromotor disease
- c. Pulmonary disease
- d. Metabolic disease ✓✓a. Cardiovascular disease

To lessen the chance of injury, the ACSM-EP should:

- a. Assess the client's goal and rewrite it to be more realistic based on exercise testing results.

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ACSM 030-444 Exam Syllabus Topics:

Topic	Details
Topic 1	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.

Topic 2	• 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 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.

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ACSM Certified Clinical Exercise Physiologist Sample Questions (Q140-Q145):

NEW QUESTION # 140

The appropriate exercise HR for an individual on -blocking medication would generally be

- A. $(220 - \text{age}) \times 0.85$.
- B. 40% of HRR.
- C. 30 bpm above the standing resting HR.
- **D. 75% of HRR.**

Answer: D

NEW QUESTION # 141

Policies and procedures are important in a fitness center, because they

- A. Clarify the rights of and risks in being a fitness member.
- B. Explain the employee insurance plans and how to use them.
- C. Explain how to use the fitness equipment properly.
- **D. Are general guidelines for operating a fitness program or department.**

Answer: D

NEW QUESTION # 142

Budgets are designed to

- A. Make management happy.
- **B. Determine if a program is viable.**
- C. Teach managers about cost analysis.
- D. Save money.

Answer: B

NEW QUESTION # 143

Which of the following issues would you include in discharge education instructions for a client with congestive heart failure to avoid potential emergency situations related to this condition at home?

- A. Do not palpate the pulse during daily activities or periods of light-headedness, because an irregular pulse is normal and occurs at various times during the day.
- B. Record body weight daily, and report weight gains to a physician.
- **C. Both A and B.**
- D. Note signs and symptoms (e.g., dyspnea, intolerance to activities of daily living), and report them to a physician.

Answer: C

NEW QUESTION # 144

Abnormally tall and peaked T waves suggest which of the following?

- A. Hypokalemia.
- B. Acute pericarditis.
- **C. Hyperkalemia.**
- D. Acute MI.

Answer: C

NEW QUESTION # 145

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