

020-222^{Q&As}

ACSM Health/Fitness Instructor Exam

Pass ACSM 020-222 Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.leads4pass.com/020-222.html>

100% Passing Guarantee
100% Money Back Assurance

Following Questions and Answers are all new published by ACSM
Official Exam Center

-  **Instant Download** After Purchase
-  **100% Money Back** Guarantee
-  **365 Days** Free Update
-  **800,000+** Satisfied Customers



QUESTION 1

Hydrodensitometry (hydrostatic weighing, underwater weighing) has several sources of error. Which of the following is NOT a common source of error when using this technique to determine body composition?

- A. Measurement of the vital capacity of the lungs.
- B. Interindividual variability in the amount of air in the gastrointestinal tract.
- C. Interindividual variability in the density of the individual lean tissue compartment.
- D. Measurement of the residual volume.

Correct Answer: A

QUESTION 2

Which of the following is an indication for terminating an exercise test?

- A. The client requests test termination.
- B. The respiratory exchange rate exceeds 0.95.
- C. The maximal heart rate exceeds 200 bpm.
- D. The RPE exceeds 17 on the standard scale.

Correct Answer: A

QUESTION 3

What is the most appropriate action in assisting a person suffering from a seizure?

- A. Hold the person down so that he or she does not hurt himself or herself.
- B. Do not touch the person, but be sure that he or she is in a safe area.
- C. Place a wedge in the person's mouth so that he or she does not swallow the tongue.
- D. Ignore the person, and allow the seizure to pass.

Correct Answer: B

QUESTION 4

Category 1 medications include all of the following EXCEPT

- A. Lidocaine.
- B. Oxygen.
- C. Xylocaine.
- D. Epinephrine.

Correct Answer: C

QUESTION 5

What is OSHA?

- A. A state agency that licenses medical facilities.
- B. A federal agency that sets standards for staff and patient safety.
- C. An agency that certifies a managed care organization.
- D. A state agency that inspects emergency protocols within medical facilities.

Correct Answer: B

[Latest 020-222 Dumps](#)

[020-222 VCE Dumps](#)

[020-222 Study Guide](#)