

## 020-222<sup>Q&As</sup>

ACSM Health/Fitness Instructor Exam

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**QUESTION 1**

How should a fitness instructor advise a client with regard to progression of the exercise program?

- A. The progression should be gradual and slow.
- B. The progression should be at specific increments based on a calendar schedule (e.g. add 10% every 2 weeks).
- C. Be aggressive in increasing the program to increase fitness
- D. Progress the program only when the client feels ready.

Correct Answer: A

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**QUESTION 2**

Safety procedures for clinical staff help protect them from

- A. Bloodborne pathogens.
- B. Theft.
- C. Violent patients.
- D. Work-related injuries.

Correct Answer: A

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**QUESTION 3**

Two individuals have the same body weight, gender, ethnic background, and skinfold measurement results. One is 25 years old; the other is 45 years. Given this scenario, which of the following statements is TRUE?

- A. They both have the same percentage of body fat.
- B. The 25-year-old individual is fatter.
- C. The 45-year-old individual is fatter.
- D. Who is fatter cannot be determined from the information given.

Correct Answer: C

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**QUESTION 4**

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

Correct Answer: A

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## QUESTION 5

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

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

Correct Answer: D

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