

## 040-444<sup>Q&As</sup>

ACSM Registered Clinical Exercise Physiologist

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**QUESTION 1**

Which of the following is an example of a behavioral process in the Transtheoretical Model?

- A. Consciousnessraising.
- B. Stimulus control
- C. Dramatic relief.
- D. Environmental reevaluation.

Correct Answer: B

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**QUESTION 2**

What do effective program administration and management create and/or reduce?

- A. They create problems with staff egos.
- B. They reduce memberships.
- C. They create successful programs and reduce problems.
- D. They create more work for the staff and reduce feedback.

Correct Answer: C

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**QUESTION 3**

Functions of bone include all of the following EXCEPT

- A. Support for the body.
- B. Protection of organs and tissues.
- C. Production of red blood cells.
- D. Production of force.

Correct Answer: D

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**QUESTION 4**

Which of the following are NOT symptoms of depression?

- A. Hearing voices.
- B. Change in sleep patterns.

C. Irritability.

D. All of the above.

Correct Answer: A

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## QUESTION 5

What is the relative  $\dot{V}O_2$  of running on a treadmill at 6.5 mph and a 0% grade?

A. 34.84mL . kg<sup>-1</sup>. min<sup>-1</sup>

B. 34.48mL . kg<sup>-1</sup>. min<sup>-1</sup>

C. 38.34mL . kg<sup>-1</sup>. min<sup>-1</sup>

D. 43.83mL . kg<sup>-1</sup>. min<sup>-1</sup>

Correct Answer: C

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