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QUESTION 1

In cleaning the facility and equipment, what must an operator be aware of?

- A. That signs are written clearly.
- B. That surfaces are brightly colored.
- C. That solutions and cleaning materials are safe for the skin and hypoallergenic.
- D. That disinfectants smell pleasant.

Correct Answer: C

QUESTION 2

The potential benefits and risks of an exercise test should be written in what document?

- A. Description of services.
- B. Safety plan.
- C. Informed consent.
- D. Exercise waivers.

Correct Answer: C

QUESTION 3

The definition of cardiorespiratory fitness is

- A. The maximal force that a muscle or muscle group can generate in a single effort.
- B. The coordinated capacity of the heart, blood vessels, respiratory system, and tissue metabolic systems to take in, deliver, and use oxygen.
- C. The ability to sustain a held maximal force or to continue repeated sub maximal contractions.
- D. The functional ROM about a joint.

Correct Answer: B

QUESTION 4

Which of the following actions involving termination of exercise testing is correct?

- A. Immediately terminate the test if muscular fatigue occurs.
- B. Initiate the test termination process when cardiac complications occur.
- C. Initiate the test termination process when intermittent premature ventricular contractions are detected on ECG.
- D. Immediately terminate the test when intermittent premature ventricular contractions are detected on ECG.

Correct Answer: C

QUESTION 5

What U.S. legislation is critical for operators of fitness facilities to understand and adhere to regarding safety?

- A. The Americans with Handicaps Act.
- B. The Civil Rights Act of 1966.
- C. The Health Portability Act of 1996.
- D. The Americans with Disabilities Act.

Correct Answer: D

QUESTION 6

What is the best test to help determine ejection fraction at rest and during exercise?

- A. Angiography.
- B. Thallium stress test.
- C. Single-proton emission computer tomography.
- D. MUGA (blood pool imagery) study.

Correct Answer: D

QUESTION 7

Which of the following manifestations would be an indication for stopping an exercise test?

- A. Low cholesterol (25 mol).
- B. Diastolic BP greater than 105 mm Hg.

- C. Intermittent premature ventricular contractions.
- D. Low blood sugar (100 mg/dL).

Correct Answer: D

QUESTION 8

Identifying a patient's risk of complications is important. Which of the following is NOT considered to be a common aspect of the risk identification process?

- A. Laboratory results.
- B. Assessment of cardiac risk.
- C. Review of medical history.
- D. Assessment of work history.

Correct Answer: D

QUESTION 9

Beyond the general safety parameters, such as keeping equipment in good repair, a facility must create a safe environment for any individual, especially

- A. Guest clients.
- B. Staff.
- C. Health care providers.
- D. Special populations.

Correct Answer: D

QUESTION 10

Following termination of a stress test, a 12-lead ECG is

- A. Monitored immediately, then every 1 to 2 minutes until exercise-induced changes are at baseline.
- B. Monitored immediately, then at 2 and 5 minutes after the test.
- C. Monitored immediately only.
- D. Monitored and recorded only if any signs or symptoms arise during recovery.

Correct Answer: A

QUESTION 11

RICES refers to

- A. Relaxation, Ice, Compression, Energy, and Stabilization.
- B. Relaxation, Incremental heat, Care for injury, Energy, and Standardization.
- C. Rest, Ice, Common sense, Energy, and Standardization.
- D. Rest, Ice, Compression, Elevation, and Stabilization.

Correct Answer: D

QUESTION 12

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 13

The clinical exercise physiologist shares a responsibility to

- A. Implement measures to stop disease.
- B. Make patients look healthy.
- C. Implement preventive measures to reduce the risk of medical emergencies.
- D. Develop a plan to reduce the physical demands of exercise testing.

Correct Answer: C

QUESTION 14

Serious complications during an exercise session

- A. Occur more often with women.
- B. Rarely occur.
- C. Occur at a rate of 1 in 3,000 hours of exercise.
- D. Occur more often during the late hours because of client fatigue.

Correct Answer: B

QUESTION 15

Given the sensitivity of the exercise ECG, stress testing conducted on 100 cardiac rehabilitation clients with documented CAD would be expected to produce what results?

- A. All 100 clients show ECG indicators of CAD.
- B. Approximately 50 clients show ECG indicators of CAD.
- C. Approximately 30 clients would show ECG indicators of CAD.
- D. Approximately 70 clients would show ECG indicators of CAD.

Correct Answer: D

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