

040-444^{Q&As}

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QUESTION 1

Which of the following would provide the SMALLEST potential energy source in the body?

- A. Fat.
- B. Protein.
- C. PCr.
- D. ATP.

Correct Answer: D

QUESTION 2

Slapping of the foot during heel strike and increased knee and hip flexion during swing are characteristic of

- A. Weakness in the gluteusmedius and minimus.
- B. Weakness in the quadricepsfemoris.
- C. Weakness in theplantarflexors.
- D. Weakness in the dorsiflexors.

Correct Answer: D

QUESTION 3

To lose one pound (=0.5 kg) of body fat, how much of an energy deficit must be created by diet and or physical activity?

- A. 2,000 kcal.
- B. 2,500 kcal.
- C. 3,000 kcal.
- D. 3,500 kcal.

Correct Answer: D

QUESTION 4

Which of the following statements regarding arm versus leg exercise is correct?

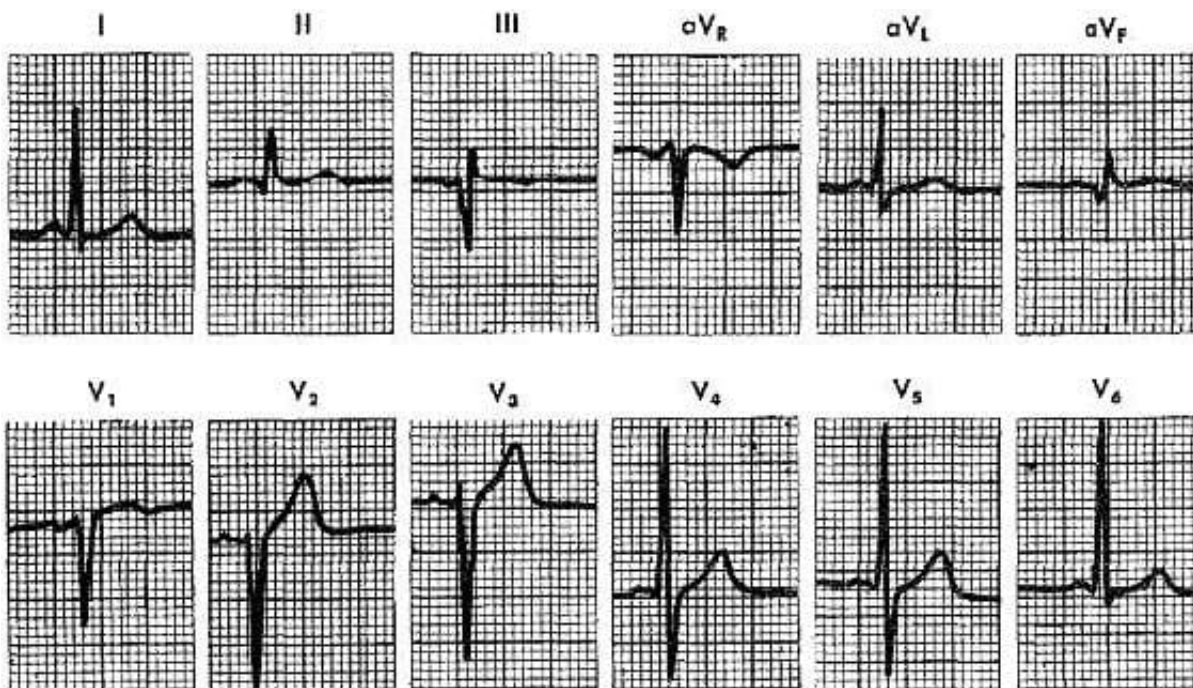
- A. Target HR should not be used as a guide for arm exercise.

- B. Target HR for leg exercise should be decreased by 10bpm for arm exercise.
- C. Target HR for leg exercise should be increased by 10bpm for arm exercise.
- D. Higher maximal oxygen consumption should be expected in arm exercise.

Correct Answer: B

QUESTION 5

In the ECG strip shown below, what disorder is indicated?



- A. Acute pericarditis.
- B. Inferior MI.
- C. Posterior MI.
- D. Anterior MI. (From Goldberger AL: Clinical Electrocardiography: A Simplified Approach, 6th ed. St. Louis, Mosby, 1999, p 91.)

Correct Answer: B

QUESTION 6

In the organization of skeletal muscle, the muscle cell contains the contractile proteins. Which of the following is a contractile protein?

- A. Myosin.

B. Muscle fascicle.

C. Myofibril.

D. Muscle fiber.

Correct Answer: A

QUESTION 7

An ideal weight-loss program should set a goal of _ pounds per week, with an energy intake of not less than _ kcal/day.

A. 10, 1,600.

B. 3-5, 1,500.

C. 1-2, 1,200.

D. None of the above.

Correct Answer: C

QUESTION 8

A limitation of psychological theories is

A. They do not reinforce behavior.

B. They leave out important elements (e.g., sociocultural factors).

C. They make too many assumptions.

D. They cannot evaluate programs.

Correct Answer: B

QUESTION 9

Which of the following is not a feature of the metabolic syndrome?

A. Dyslipidemia (low HDL-C, elevated triglycerides).

B. Osteoporosis.

C. Insulin resistance.

D. Elevated blood pressure.

Correct Answer: B

QUESTION 10

The recommended cardiorespiratory exercise training goal for apparently healthy individuals should be

- A. 15 minutes, six times per week, at 90% of HRR.
- B. 30 minutes, three times per week, at 85% of HRR.
- C. 60 minutes, three times per week, at 85% of HRR.
- D. 30 minutes of weight training, three times per week, at 60% of HRR.

Correct Answer: B

QUESTION 11

When counseling a patient with metabolic syndrome, your emphasis should be on addressing underlying causes of the syndrome, such as

- A. Obesity and physical inactivity.
- B. Excessive carbohydrate intake.
- C. Elevated LDL-C concentration.
- D. Lack of muscular strength.

Correct Answer: A

QUESTION 12

Slow conduction in the A V node is associated with

- A. Prolonged PR interval.
- B. Prolonged QRS interval.
- C. Shortened QT interval.
- D. Elevated ST segment.

Correct Answer: A

QUESTION 13

Which of the following is the one true statement concerning the surgical treatment of CAD?

- A. A coronary artery stent carries a lower rate of restenosis than does PTCA.
- B. Atherectomy is a prerequisite requirement for PTCA.

- C. Venous grafts are significantly superior to arterial grafts in terms of patency.
- D. Long term outcome of laser angioplasty is unknown and, thus, are rarely used.

Correct Answer: A

QUESTION 14

Which of the following formulae is used for determining workload on a bicycle ergometer?

- A. Belt length x resistance x grade.
- B. Belt length x resistance x revolutions pedaled per minute.
- C. Resistance x distance flywheel traveled per revolution x revolutions per minute.
- D. Resistance x distance flywheel traveled per revolution.

Correct Answer: C

QUESTION 15

Myocardial cells can be excited in response to all of the following stimuli EXCEPT:

- A. Electrical
- B. Chemical
- C. Mechanical
- D. Emotional

Correct Answer: D

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