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ACSM

020-222

ACSM Health/Fitness Instructor



QUESTION: 62

Which of the following are symptoms of hypoglycemia?

- A. Hypotension.
- B. Cold, clammy skin.
- C. Tachycardia and slurred speech.
- D. Bronchospasms and hyperventilation.

Answer: C

QUESTION: 63

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.

Answer: D

QUESTION: 64

Complaints of pain in the chest with associated pain radiating down the left arm may be signs of

- A. Cardiac crisis.
- B. Hypotension.
- C. Seizure.
- D. Heartburn.

Answer: A

QUESTION: 65

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.

Answer: D

QUESTION: 66

Weight room safety should include

- A. A phone.
- B. Lifting gloves and back belts.
- C. Male trainers to help with spotting.
- D. Safe passageways and use of the buddy system.

Answer: D

QUESTION: 67

Fire, bloodborne pathogens, and power outage should all be included in

- A. Facility insurance.
- B. Safety plans.
- C. Maintenance plans.
- D. Testing by the facility and staff.

Answer: B

QUESTION: 68

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.

Answer: C

QUESTION: 69

Documentation offers important

- A. Liability and negligence protection.
- B. Liability and risk protection.
- C. Safety and communication programs.
- D. Billing and classification tools.

Answer: A

QUESTION: 70

Emergency procedures should be

- A. Given to all clients when they join.
- B. Put away in a safe place.
- C. Posted under each phone.
- D. Posted above each fire extinguisher.

Answer: C

QUESTION: 71

Which of the following is NOT a principle of low back care?

- A. Abdominal curl-ups/
- B. Unloaded flexion/extension of the spine.
- C. Neutral spine during all exercises.
- D. Controlled leg press or squat with light weights.

Answer: D

QUESTION: 72

What is the fitness instructor's primary responsibility in conducting an exercise test?

- A. Maintaining a safe environment by not putting the client in danger.
- B. Making sure that the data collected are accurate.
- C. Completing the test.
- D. Encouragement and support.

Answer: A

QUESTION: 73

What are some of the risks for musculoskeletal injury?

- A. Poor Signage in the facility.
- B. Extrinsic factors – intensity, terrain, equipment.
- C. Intrinsic factors-frequencey, attitude, ender.
- D. Membership type

Answer: B

QUESTION: 74

Chronic soreness and fatigue are symptoms of

- A. Hyperglycemia.
- B. Strain.
- C. Overuse injury.
- D. Hypoglyeemia.

Answer: C

QUESTION: 75

Exercise clothing

- A. Creates an important fashion statement.
- B. Should be bright so that you are easily seen in an aerobics class.
- C. Has only one rule: be comfortable.
- D. Must be safe and performs appropriately, like the exercise equipment.

Answer: D



SAMPLE QUESTIONS

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