

030-333^{Q&As}

ACSM Exercise Specialist Exam

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QUESTION 1

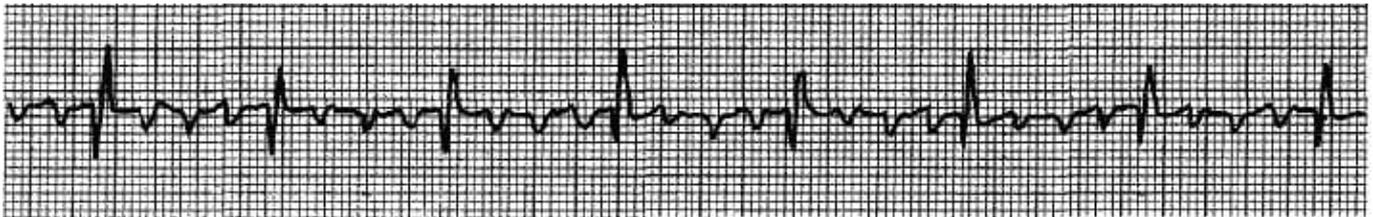
A client taking a calcium-channel blocker most likely will exhibit which of the following responses during exercise?

- A. Hypertensive response.
- B. Increased ischemia.
- C. Improved anginal thresholds.
- D. Severe hypotension.

Correct Answer: C

QUESTION 2

In the ECG strip shown below, which arrhythmia is indicated?



- A. Atrial flutter.
- B. Atrial fibrillation.
- C. Premature atrial contractions.
- D. Atrial tachycardia.

Correct Answer: A

QUESTION 3

A physician's clearance:

- A. Is not necessary if the client completes the medical history questionnaire.
- B. Is a communication tool with little exercise value?.
- C. Provides information about the physician's attitude regarding your club.
- D. Provides a medical opinion about a client's risk with exercise.

Correct Answer: D

QUESTION 4

What is an appropriate initial weight loss goal for an obese individual desiring weight reduction?

- A. 10%initial body weight in first 6 months.
- B. 20 pounds in 2 months.
- C. 5 pounds per week for the first 6 weeks, then weight maintenance.
- D. BMI of less than 18.5.

Correct Answer: A

QUESTION 5

Which of the following issues would you include in discharge education instructions for a client with congestive heart failure to avoid potential emergency situations related to this condition at home?

- A. Record body weight daily, and report weight gains to a physician.
- B. Note signs and symptoms(e.g., dyspnea, intolerance to activities of daily living), and report them to a physician.
- C. Do not palpate the pulse during daily activities or periods of light-headedness, because an irregular pulse is normal and occurs at various times during the day.
- D. Both A and B.

Correct Answer: D

QUESTION 6

Examples of program records include:

- A. Client progress and outcomes.
- B. Member needs.
- C. Performance of clients on selected exercises.
- D. Member suggestions and any actions taken regarding them.

Correct Answer: A

QUESTION 7

What are some of the common sales "rules" in promoting your fitness program?

- A. Selling memberships at any cost is key.
- B. You know more than they do, so be aggressive.

- C. Honesty and an understanding of the needs of the potential member are always the best way.
- D. Long-term agreements make more money than short-term agreements.

Correct Answer: C

QUESTION 8

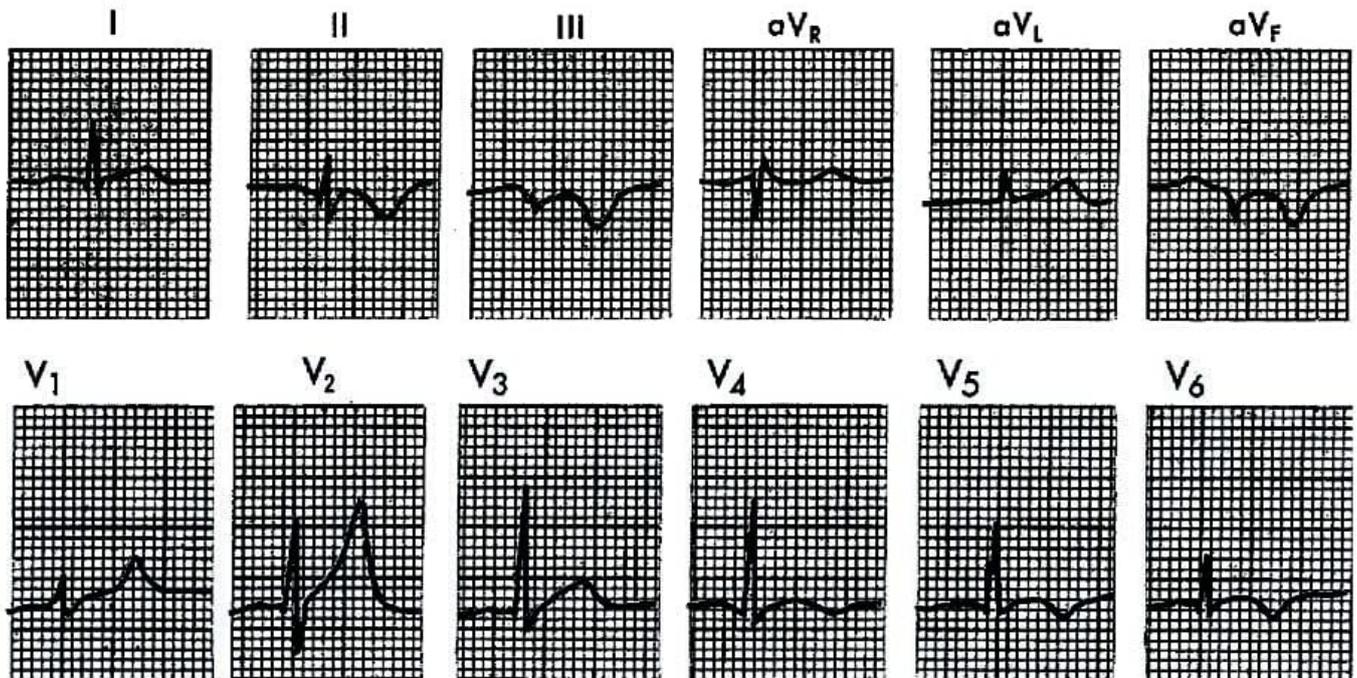
A specific benefit of regular exercise for patients with angina is

- A. Improved ischemic threshold at which angina symptoms occur.
- B. Increased myocardial oxygen demand at the same submaximal levels.
- C. Eradication of all symptoms.
- D. Elevation of BP.

Correct Answer: A

QUESTION 9

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



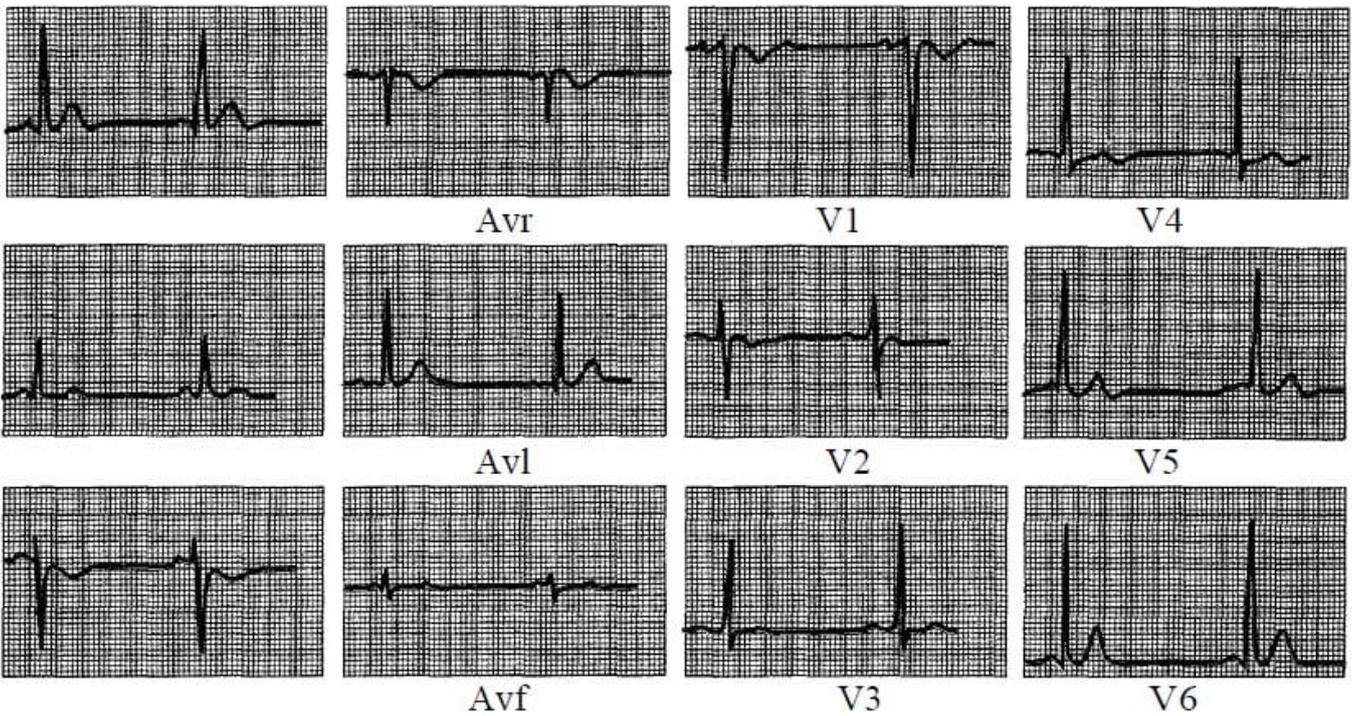
- A. Subendocardial ischemia.
- B. Transmural ischemia.
- C. Acute inferior MI.

D. Posterior MI

Correct Answer: D

QUESTION 10

In the ECG strip shown below, what abnormalities are indicated?



- A. Left atrial enlargement and LVH.
- B. Right atrial enlargement and right ventricular hypertrophy.
- C. Left anterior fascicular block and left posterior h,scicular block.
- D. Subendocardial ischemia and infarction

Correct Answer: A

QUESTION 11

Tall, positive T waves may be caused to all of the following EXCEPT:

- A. Hyperacute phase of MI.
- B. LVH.
- C. Acute pericarditis.

D. Hypocalcemia.

Correct Answer: D

QUESTION 12

If a 70-kg man runs on a treadmill at 8 mph and a 0% grade for 45 minutes, what is his caloric expenditure?

A. 1,067.07 calories.

B. 392.18 calories.

C. 730.48 calories.

D. Not enough information to answer the question

Correct Answer: C

QUESTION 13

A client is walking on a treadmill at 3.4 mph and a 5% grade. What is her $\dot{V}O_2$ in relative terms?

A. 9.11 mL . kg⁻¹ . min⁻¹

B. 11.9 mL . kg⁻¹ . min⁻¹

C. 24 mL . kg⁻¹ . min⁻¹

D. 20.81 mL . kg⁻¹ . min⁻¹

A. B. C. D.

Correct Answer: D

QUESTION 14

The rules and regulations of a facility are commonly referred to as:

A. The law.

B. The client rights statement.

C. Policies and procedures.

D. A check and balance for management and clients.

Correct Answer: C

QUESTION 15

What is the relative oxygen cost of bench stepping at a rate of 24 steps per minute up a 10-inch stepping box? The individual weighs 140 pounds.

- A. $12.91 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$
- B. $14.61 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$
- C. $16.41 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$
- D. $22.89 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: D

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