



# 020-222<sup>Q&As</sup>

ACSM Health/Fitness Instructor Exam

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#### QUESTION 1

Flexibility is a measure of the

- A. Disease-free ROM about a joint.
- B. Effort-free ROM about a joint.
- C. Habitually used ROM about a joint.
- D. Pain-free ROM about a joint.

Correct Answer: D

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#### QUESTION 2

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

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#### QUESTION 3

Chronic soreness and fatigue are symptoms of

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

Correct Answer: C

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#### QUESTION 4

A patient who exhibits tachycardia, diaphoresis, light-headedness, and visual disturbances may be experiencing

- A. Hypoglycemia.
- B. Congestive heart failure.



C. Hyperglycemia.

D. Hypotension.

Correct Answer: A

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#### QUESTION 5

Which of the following is NOT considered to be an absolute contraindication to exercise testing?

A. Unstable angina

B. Psychosis.

C. Suspected myocarditis.

D. Moderate valvular heart disease.

Correct Answer: D

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