



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

ACSM Health/Fitness Instructor Exam

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#### QUESTION 1

What are some of the risks for musculoskeletal injury?

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

Correct Answer: B

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#### QUESTION 2

One of the first actions that a fitness instructor should consider in preventing injury is to

- A. Teach the client how to warm-up and cool-down.
- B. Instruct the client on safety procedureswhen using the facility.
- C. Conduct a preparticipation screening.
- D. Instruct the client on how to use the exercise equipment safely.

Correct Answer: C

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#### QUESTION 3

Documentation in the context of emergency response commonly refers to

- A. Records of each exercise session.
- B. Records of attendance.
- C. Records of all emergency situations.
- D. Manuals for all emergency equipment.

Correct Answer: C

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#### QUESTION 4

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

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#### QUESTION 5

How should a fitness instructor advise a client with regard to progression of the exercise program?

- A. The progression should be gradual and slow.
- B. The progression should be at specific increments based on a calendar schedule (e.g. add 10% every 2 weeks).
- C. Be aggressive in increasing the program to increase fitness
- D. Progress the program only when the client feels ready.

Correct Answer: A

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