



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

ACSM Health/Fitness Instructor Exam

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### QUESTION 1

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.

Correct Answer: D

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### QUESTION 2

For a client taking a 1-blocker who has lowered resting blood pressure and heart rate, which of the following statements is TRUE?

- A. A submaximal test will provide the best estimate of the client's fitness.
- B. A submaximal test may underestimate the client's fitness.
- C. A submaximal test may overestimate the client's fitness.
- D. The client should be tested only when not taking the medication.

Correct Answer: C

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### QUESTION 3

The definition of cardiorespiratory fitness is

- A. The maximal force that a muscle or muscle group can generate in a single effort.
- B. The coordinated capacity of the heart, blood vessels, respiratory system, and tissue metabolic systems to take in, deliver, and use oxygen.
- C. The ability to sustain a held maximal force or to continue repeated sub maximal contractions.
- D. The functional ROM about a joint.

Correct Answer: B

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### QUESTION 4

Lead V1 is located at the



- A. Fifth intercostal space, left sternal border.
- B. Midclavicular line, fourth intercostal space.
- C. Fourth intercostal space, right sternal border.
- D. Midclavicular line, lateral to the xiphoid process.

Correct Answer: C

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#### QUESTION 5

Symptoms of hyperglycemia include all of the following EXCEPT

- A. Tremor.
- B. Confusion.
- C. Bradycardia.
- D. Slurred speech.

Correct Answer: C

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