



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

ACSM Health/Fitness Instructor Exam

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### QUESTION 1

A client with a functional capacity of 7 MET, an ejection fraction of 37%, and an ST - segment depression of 1 mm below baseline on exertion

- A. Should not exercise until his or her ejection fraction is >50%.
- B. Is considered to be at low risk.
- C. Is considered to be at moderate risk.
- D. Is considered to be at high risk.

Correct Answer: C

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### QUESTION 2

Which of the following statements about underwater weighing is TRUE?

- A. It can divide the body into bone, muscle, and fat components.
- B. It assumes standard densities for bone, muscle, and fat.
- C. It can divide the body into visceral and subcutaneous fat components.
- D. It is a direct method of assessing body composition.

Correct Answer: B

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### QUESTION 3

Category 1 medications include all of the following EXCEPT

- A. Lidocaine.
- B. Oxygen.
- C. Xylocaine.
- D. Epinephrine.

Correct Answer: C

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### QUESTION 4

An equipment maintenance plan should include



- A. A floor plan.
- B. A client advisory statement.
- C. A document that records maintenance and repair history.
- D. Temperature and humidity readings.

Correct Answer: C

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#### QUESTION 5

A client must be given specific instructions for the days preceding a fitness assessment. Which of the following is NOT a necessary instruction to a client for a fitness assessment?

- A. Men and women should avoid liquids for 12 hours before the test.
- B. Clients should be instructed to avoid alcohol, tobacco products, or caffeine at least 3 hours before the test.
- C. Clients should avoid strenuous exercise or physical activity on the day of the test.
- D. Men and women should be instructed to get an adequate amount of sleep the night before the assessment.

Correct Answer: A

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