



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

ACSM Health/Fitness Instructor Exam

**Pass ACSM 020-222 Exam with 100% Guarantee**

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.geekcert.com/020-222.html>

100% Passing Guarantee  
100% Money Back Assurance

Following Questions and Answers are all new published by ACSM  
Official Exam Center

-  **Instant Download** After Purchase
-  **100% Money Back** Guarantee
-  **365 Days** Free Update
-  **800,000+** Satisfied Customers





### QUESTION 1

Prevention strategies of staff and clients must include

- A. Following the rules.
- B. Keeping the facility clean.
- C. Hiring good front-desk staff.
- D. Developing clever, unique programs.

Correct Answer: A

---

### QUESTION 2

Which of the following is an indication for terminating an exercise test?

- A. The client requests test termination.
- B. The respiratory exchange rate exceeds 0.95.
- C. The maximal heart rate exceeds 200 bpm.
- D. The RPE exceeds 17 on the standard scale.

Correct Answer: A

---

### QUESTION 3

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

---

### QUESTION 4

A "cold spot" detected in the inferior portion of the left ventricle during a stress test that resolves 3 hours later most likely indicates

- A. An old inferior MI.



- B. A MI that is healing.
- C. Reversible myocardial ischemia.
- D. The need for multiple bypass surgery.

Correct Answer: C

---

#### QUESTION 5

What is the best test of cardiovascular function for a client who is obese, has claudication in the legs, and has limited mobility because of neurologic damage from uncontrolled diabetes?

- A. Dipyridamole or dobutamine testing and assessment of cardiovascular variables.
- B. Discontinuous treadmill exercise test.
- C. Resting echocardiography.
- D. Continuous submaximal cycle ergometer test.

Correct Answer: A

[020-222 VCE Dumps](#)

[020-222 Study Guide](#)

[020-222 Exam Questions](#)