



030-333^{Q&As}

ACSM Exercise Specialist Exam

Pass ACSM 030-333 Exam with 100% Guarantee

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

<https://www.geekcert.com/030-333.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

Using the original Borg scale, it is recommended that the exercise intensity elicit an RPE within the range of:

- A. 8 to 12.
- B. 12 to 16.
- C. 14 to 18.
- D. 6 to 10.

Correct Answer: B

QUESTION 2

Which of the following conditions can prolong the QT interval?

- A. Hypokalemia and hypercalcemia.
- B. Hyperkalemia and hypercalcemia.
- C. Hypocalcemia and hypokalemia.
- D. Hypocalcemia and hyperkalemia.

Correct Answer: D

QUESTION 3

A 143-pound woman regularly exercises on a treadmill at a speed of 5.5 mph and a 2% elevation. What is her caloric expenditure?

- A. $6.78 \text{ kcal} \cdot \text{min}^{-1}$
- B. $11.58 \text{ kcal} \cdot \text{min}^{-1}$
- C. $20.85 \text{ kcal} \cdot \text{min}^{-1}$
- D. $25.47 \text{ kcal} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: B



QUESTION 4

In an effort to improve flexibility, the ACSM recommends:

- A. Proprioceptive neuromuscular facilitation.
- B. Ballistic stretching.
- C. The plough and hurdler's stretches.
- D. Static stretches held for 10 to 30 seconds per repetition.

Correct Answer: D

QUESTION 5

Normal values for fasting blood sugar are:

- A. Greater than 140 mg/dL.
- B. Between 60 and 140 mg/dL.
- C. Less than 60 mg/dL.
- D. Between 200 and 400 mg/dL.

Correct Answer: B

[030-333 PDF Dumps](#)

[030-333 VCE Dumps](#)

[030-333 Exam Questions](#)