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ACSM Exercise Specialist Exam

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QUESTION 1

Slow conduction in the A V node is associated with:

A. Prolonged PR interval.

B. Prolonged QRS interval.

C. Shortened QT interval.

D. Elevated ST segment.

Correct Answer: A

QUESTION 2

All of the following factors are important to consider when determining exercise intensity EXCEPT:

A. An individual\\'s level of fitness.

B. The risk of cardiovascular or orthopedic injury.

C. Any previous history participating in organized sports.

D. Individual preference and exercise objectives.

Correct Answer: C

QUESTION 3

What is the relative Y02 of running on a treadmill at 6.5 mph and a 0% grade?

A. $34.84 \ mL \cdot kg^{-1} \cdot min\text{-}^{1}$

B. $34.48 \ mL \cdot kg^{-1} \cdot min\text{-}^{1}$

C. $38.34 \ mL \cdot kg^{-1} \cdot min\text{-}^{1}$

A. B. C.

$43.83 \ mL \cdot kg^{-1} \cdot min\text{-}^{1}$

D.

Correct Answer: C

QUESTION 4

Which of the following statements regarding exercise for the elderly is FALSE?

A. A decrease in maximal HR is responsible for reductions in the maximal oxygen consumption as we age.

B. A loss of fat-free mass is responsible for the decrease in muscular strength as we age.

C. The ACSM recommends a cardiorespiratory training intensity of 50% to 70% of HRR for older adults.

D. Resistance exercise training is not recommended for older adults.

Correct Answer: D

QUESTION 5

Which of the following diseases is NOT typically associated with obesity?

A. Diabetes.

B. Skin cancer.

C. Coronary artery disease.

D. Colon cancer.

Correct Answer: B

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