



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

In atrial flutter, the stimulation rate is approximately:

- A. 75 bpm
- B. 125 bpm
- C. 200 bpm
- D. 300 bpm

Correct Answer: D

QUESTION 2

In a budget for a clinical exercise rehabilitation program, all of the following are examples of variable expenses EXCEPT:

- A. ECG electrodes.
- B. Temporary wages.
- C. Rental fees for the facility space.
- D. Consultant fees.

Correct Answer: C

QUESTION 3

The recommended cardiorespiratory exercise training goal for apparently healthy individuals should be:

- A. 15 minutes, six times per week, at 90% of HRR.
- B. 30 minutes, three times per week, at 85% of HRR.
- C. 60 minutes, three times per week, at 85% of HRR.
- D. 30 minutes of weight training, three times per week, at 60% of HRR.

Correct Answer: B

QUESTION 4

Athletes who exercise in the heat and humidity have a special need for fluid replacement. Current guidelines suggest that athletes should:

- A. Consume 16 to 24 fluid ounces of water for every pound of weight lost.



- B. Drink nothing but alcoholic beverages after engaging in exercise.
- C. Avoid drinking water after exercise because of the danger of cramps.
- D. Eat salt tablets with every meal during the hot summer months.

Correct Answer: A

QUESTION 5

What is the relative $\dot{V}O_2$ of running on a treadmill at 6.5 mph and a 0% grade?

- A. $34.84 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$
- B. $34.48 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$
- C. $38.34 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$

A. B. C.

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

D.

Correct Answer: C

[030-333 VCE Dumps](#)

[030-333 Exam Questions](#)

[030-333 Braindumps](#)