



# 030-333<sup>Q&As</sup>

ACSM Exercise Specialist Exam

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### QUESTION 1

What stepping rate should a client use if she wishes to exercise at 5 METs? The step box is 6 inches high, and the client weighs 50 kg.

- A. 12 steps per minute.
- B. 32 steps per minute.
- C. 25 steps per minute.
- D. 96 steps per minute.

Correct Answer: C

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### QUESTION 2

All of the following are helpful suggestions for an athlete trying to gain weight EXCEPT:

- A. Increase portion sizes at meals.
- B. Eat more high-calorie foods (e.g., candy bars, soft drinks).
- C. Eat one extra meal per day.
- D. Snack on energy- and nutrient-dense foods (e.g., fig bars, nuts and dried fruit).

Correct Answer: B

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### QUESTION 3

What condition can cause ST-segment elevation?

- A. Digitalis toxicity.
- B. Hypocalcemia.
- C. Hypokalemia.
- D. Acute pericarditis.

Correct Answer: D

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### QUESTION 4

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 5

A specific benefit of regular exercise for patients with angina is

- A. Improved ischemic threshold at which angina symptoms occur.
- B. Increased myocardial oxygen demand at the same submaximal levels.
- C. Eradication of all symptoms.
- D. Elevation of BP.

Correct Answer: A

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