

# 040-444<sup>Q&As</sup>

**ACSM Registered Clinical Exercise Physiologist** 

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#### **QUESTION 1**

Which of the following statements about emergency equipment is MOST important?

- A. Each piece of equipment should be painted a specific color for easy identification.
- B. Use of emergency equipment should be practiced routinely.
- C. Emergency equipment should include pencils, not pens.
- D. Emergency equipment should be kept clean at all times.

Correct Answer: B

#### **QUESTION 2**

All of the following are special considerations inprescribing exercise for the client with arthritis EXCEPT

- A. The possible need to splint painful jointsforprotection.
- B. Periods of acute inflammation result in decreased pain and joint stiffness.
- C. The possibility of gait abnormalities as compensation for pain or stiffness.
- D. The need to avoid exercise of warm, swollen joints.

Correct Answer: B

#### **QUESTION 3**

A standard site for the measurement of circumfer- ences is the

- A. Abdomen.
- B. Neck.
- C. Wrist.
- D. Ankle.

Correct Answer: A

#### **QUESTION 4**

In cleaning the facility and equipment, what must an operator be aware of?

- A. That signs are written clearly.
- B. That surfaces are brightly colored.



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- C. That solutions and cleaning materials are safe for the skin and hypoallergenic.
- D. That disinfectants smell pleasant.

Correct Answer: C

#### **QUESTION 5**

Which of the following is NOT a characteristic of the "power position" used for lifting with proper body mechanics?

- A. Shoulders slouched.
- B. Back straight.
- C. Body bent forward from the hips.
- D. Knees slightly bent.

Correct Answer: A

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