



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

ACSM Registered Clinical Exercise Physiologist

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### QUESTION 1

Which of the following medications have been shown to be most effective in preventing or reversing exercise-induced asthma?

- A.  $\beta_2$ -Agonists.
- B.  $\beta_1$ -Blockers.
- C. Diuretics.
- D. Aspirin.

Correct Answer: A

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### QUESTION 2

Running is a locomotor activity similar to walking but with some differences. In comparison to walking, running requires greater

- A. Balance.
- B. Muscle strength.
- C. Range of motion.
- D. All of the above

Correct Answer: D

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### QUESTION 3

The increases as a result of physical training in elderly persons. This occurs for all of the following reasons EXCEPT

- A. In men, the increase is a function of improved central and peripheral adaptations.
- B. In women, the increase is a function of improved peripheral adaptations.
- C. In both men and women, regular aerobic exercise slows the decline with aging.
- D. In both men and women, regular aerobic exercise speeds the decline with aging.

Correct Answer: D

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### QUESTION 4

Which of the following is one cause of a wide QRS complex?

- A. Hypokalemia.



- B. Defectiveintra ventricular conduction.
- C. Rightatrial enlargement.
- D. Abnormal ST segment

Correct Answer: B

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#### QUESTION 5

Which of the following statements true regarding exercise leadership is FALSE?

- A. The exercise leader should be fit enough to exercise with any of his or her participants.
- B. Most people are not bored by exercise and can easily find time to participate in an exercise program.
- C. The exercise leader should adjust the exercise intensity based on individual differences in fitness.
- D. Periodic fitness assessment may provide evidence of improvement in fitness for some participants.

Correct Answer: B

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