



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

ACSM Registered Clinical Exercise Physiologist

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### QUESTION 1

What do budgets determine?

- A. Fitness equipment costs.
- B. If a company is making or losing money.
- C. Viability, identification of problems, and a plan for the future of a program.
- D. Assets and liabilities of the financial plan.

Correct Answer: C

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### QUESTION 2

What action should you take for a 55-year-old client who has three risk factors for heart disease and complains of fatigue on exertion?

- A. Conduct asubmaximal stress test without the presence of a physician.
- B. Conduct a maximal diagnostic stress test in the presence of a physician.
- C. Use a questionnaire to evaluate activity, and do not conduct a test.
- D. Start the client exercising slowly, and test after 6 weeks.

Correct Answer: B

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### QUESTION 3

A 62-year-old, obese factory worker complains of pain in his right shoulder on arm abduction; on evaluation, decreased ROM and strength are noted. You also notice that he is beginning to use accessory muscles to substitute movements and to compensate. These symptoms may indicate

- A. A referred pain from a herniated lumbar disk.
- B. Rotator cuff strain or impingement.
- C. angina.
- D. Advanced stages of multiple sclerosis.

Correct Answer: B

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### QUESTION 4

Informed consent is best described as



- A. A legal form.
- B. A process that is backed up by a form.
- C. Something that only a lawyer can provide to an exercise program.
- D. Being an informed consumer to ensure that one undertakes the proper exercise program.

Correct Answer: B

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#### QUESTION 5

During exercise, SV increases as a result of

- A. The Frank-Starling law.
- B. Increased HR.
- C. Increased ejection fraction.
- D. Increased pulmonary artery pressure

Correct Answer: A

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