



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

ACSM Registered Clinical Exercise Physiologist

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### QUESTION 1

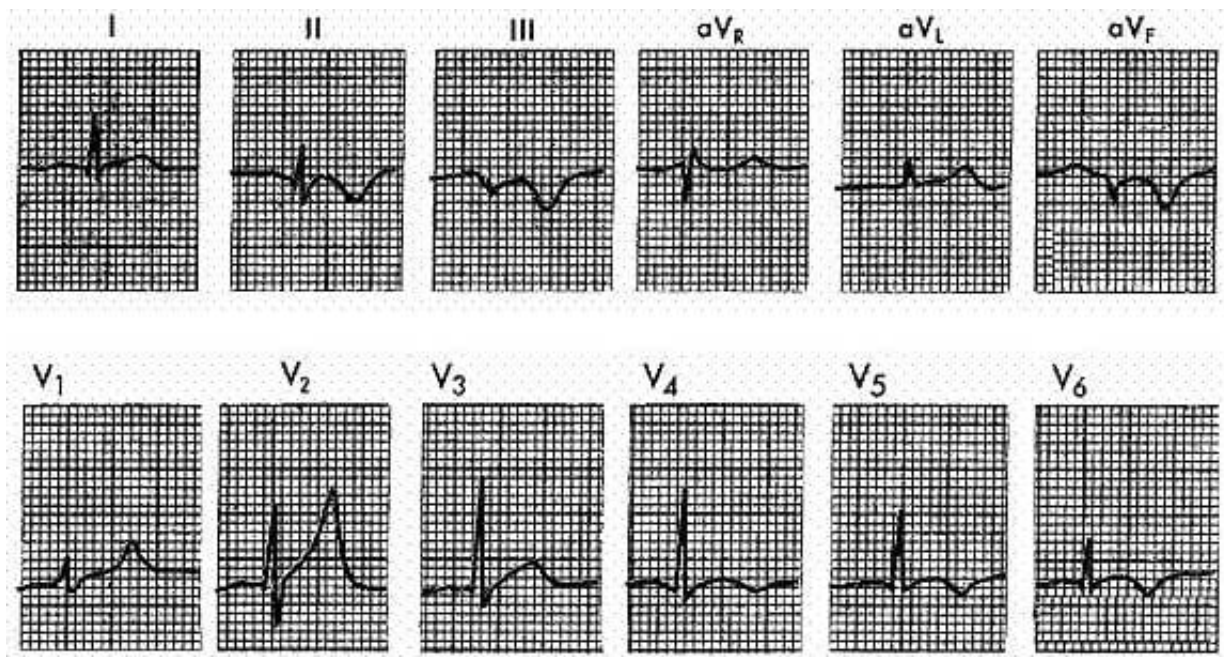
Which of the following would generally be the preferred mode of exercise for an elderly person?

- A. Jogging.
- B. Calisthenics.
- C. Swimming.
- D. Archery.

Correct Answer: C

### QUESTION 2

In the ECG strip shown below, what disorder is indicated?



- A. Subendocardial ischemia.
- B. Transmural ischemia.
- C. Acute inferior MI.
- D. Posterior MI (From Goldberger AL: Clinical Electrocardiography: A Simplified Approach, 6th ed. St. Louis, Mosby, 1999,p91.)

Correct Answer: D



### QUESTION 3

For a client taking a 3-blocker who has lowered resting blood pressure and heart rate, which of the following statements is TRUE?

- A. A submaximal test will provide the best estimate of the client's fitness.
- B. A submaximal test may underestimate the client's fitness.
- C. A submaximal test may overestimate the client's fitness.
- D. The client should be tested only when not taking the medication.

Correct Answer: C

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### QUESTION 4

Abnormally tall and peaked T waves suggest which of the following?

- A. Hyperkalemia.
- B. Acute pericarditis.
- C. Acute MI.
- D. Hypokalemia.

Correct Answer: A

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### QUESTION 5

Cardiac output is a function of heart rate and stroke volume. In children, why is heart rate higher at rest and during exercise?

- A. Because in children, stroke volume is directly related to how much left ventricular stiffness reduces diastolic filling.
- B. Because in children, cardiac output is regulated more by peripheral resistance than  $Vo_{2max}$  by any other variable.
- C. Because children typically have a lower stroke volume compared to adults.
- D. Because children typically have a more elevated peripheral resistance compared to adults.

Correct Answer: C

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