



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

ACSM Registered Clinical Exercise Physiologist

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### QUESTION 1

All of the following musculoskeletal changes typically occur with advancing age EXCEPT

- A. Decreased flexibility.
- B. Impaired balance.
- C. Inhibited range of motion.
- D. Skeletal muscle hypertrophy

Correct Answer: D

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### QUESTION 2

A 150-pound male sets the treadmill speed at 5.0 mph and a 5.2% grade. Calculate his MET value.

- A. 36.57 METs.
- B. 10.45 METs.
- C. 12.25 METs.
- D. Not enough information to answer the question.

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

What resistance would you set a cycle ergometer at if your 80-kg client needs to train at 6 METs? Assume a 50 rpm cycling cadence.



- A. 1.5 kg.
- B. 2.07 kg.
- C. 0.25 pounds.
- D. 0.45 pounds.

Correct Answer: B

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#### QUESTION 5

teries are large-diameter vessels that carry blood away from the heart. As they course through the body, they progressively decrease in size until they become

- A. Arterioles.
- B. Anastomoses.
- C. Venules.
- D. Veins.

Correct Answer: A

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