



# 020-222<sup>Q&As</sup>

ACSM Health/Fitness Instructor Exam

## Pass ACSM 020-222 Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.passapply.com/020-222.html>

100% Passing Guarantee  
100% Money Back Assurance

Following Questions and Answers are all new published by ACSM  
Official Exam Center

- ⚙️ **Instant Download** After Purchase
- ⚙️ **100% Money Back** Guarantee
- ⚙️ **365 Days** Free Update
- ⚙️ **800,000+** Satisfied Customers





#### QUESTION 1

Serious complications during an exercise session

- A. Occur more often with women.
- B. Rarely occur.
- C. Occur at a rate of 1 in 3,000 hours of exercise.
- D. Occur more often during the late hours because of client fatigue.

Correct Answer: B

---

#### QUESTION 2

Emergency procedures and safety include which of the following?

- A. Injury prevention.
- B. Basic principles for exercise training.
- C. Metabolic injuries.
- D. Emergency consequences.

Correct Answer: A

---

#### QUESTION 3

In preventing injuries, hydration is very important, because

- A. It controls breathing and the Valsalva maneuver.
- B. It helps to regulate carbohydrate utilization during cardiovascular exercise.
- C. It helps to regulate body temperature and electrolyte balance. s
- D. It helps to prevent blood pooling during the cool-down.

Correct Answer: C

---

#### QUESTION 4

What is the best test to help determine ejection fraction at rest and during exercise?

- A. Angiography.



- B. Thallium stress test.
- C. Single-proton emission computer tomography.
- D. MUGA (blood pool imagery) study.

Correct Answer: D

---

#### QUESTION 5

What are some of the risks for musculoskeletal injury?

- A. Poor Signage in the facility.
- B. Extrinsic factors ?intensity, terrain, equipment.
- C. Intrinsic factors-frequency, attitude, ender.
- D. Membership type

Correct Answer: B

[020-222 PDF Dumps](#)

[020-222 Practice Test](#)

[020-222 Study Guide](#)