

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

ACSM Health/Fitness Instructor Exam

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#### **QUESTION 1**

Which of the following actions involving termination of exercise testing is correct?

- A. Immediately terminate the test if muscular fatigue occurs.
- B. Initiate the test termination process when cardiac complications occur.
- C. Initiate the test termination process when intermittent premature ventricular contractions are detected on ECG.
- D. Immediately terminate the test when intermittent premature ventricular contractions are detected on ECG.

Correct Answer: C

#### **QUESTION 2**

Which of the following is a FALSE statement regarding informed consent?

- A. Informed consent is not a legal document.
- B. Informed consent does not provide legal immunity to a facility or individual in the event of injury to a client.
- C. Negligence, improper test administration, inadequate personnel qualifications, and insufficient safety procedures are all items expressly covered by the informed consent.
- D. Informed consent does not relieve the facility or individual of the responsibility to do everything possible to ensure the safety of the client.

Correct Answer: C

#### **QUESTION 3**

Which of the following is NOT part of an emergency plan?

- A. The plan should list the schedule of each staff member so that they can all be accounted for during an emergency.
- B. The plan must be written.
- C. The plan should outline each specific action.
- D. The staff should be prepared and trained in the plan.

Correct Answer: A

#### **QUESTION 4**

Which of the following is NOT considered to be an absolute contraindication to exercise testing?

A. Unstable angina



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- B. Psychosis.
- C. Suspected myocarditis.
- D. Moderate valvular heart disease.

Correct Answer: D

#### **QUESTION 5**

Which of the following manifestations would be an indicationfor stopping an exercise test?

- A. Low cholesterol ?25 mol).
- B. Diastolic BP greater than 105 mm Hg.
- C. Intermittent premature ventricular contractions.
- D. Low blood sugar ?00 mg/dL).

Correct Answer: D

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