



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

ACSM Health/Fitness Instructor Exam

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#### QUESTION 1

Which of the following are symptoms of hypoglycemia?

- A. Hypotension.
- B. Cold, clammy skin.
- C. Tachycardia and slurred speech.
- D. Bronchospasms and hyperventilation.

Correct Answer: C

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#### 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

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#### QUESTION 3

What is OSHA?

- A. A state agency that licenses medical facilities.
- B. A federal agency that sets standards for staff and patient safety.
- C. An agency that certifies a managed care organization.
- D. A state agency that inspects emergency protocols within medical facilities.

Correct Answer: B

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#### QUESTION 4

Flexibility is a measure of the

- A. Disease-free ROM about a joint.
- B. Effort-free ROM about a joint.



C. Habitually used ROM about a joint.

D. Pain-free ROM about a joint.

Correct Answer: D

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#### QUESTION 5

The emergency response system (EMS) is:

A. The combination of the ambulance and the emergency room.

B. Critical for the staff to be able to respond adequately to an emergency.

C. The protocol used to practice safety plans.

D. Required by most health departments.

Correct Answer: B

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