



020-222^{Q&As}

ACSM Health/Fitness Instructor Exam





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QUESTION 1

What is the most appropriate action in assisting a person suffering from a seizure?

- A. Hold the person down so that he or she does not hurt himself or herself.
- B. Do not touch the person, but be sure that he or she is in a safe area.
- C. Place a wedge in the person's mouth so that he or she does not swallow the tongue.
- D. Ignore the person, and allow the seizure to pass.

Correct Answer: B

QUESTION 2

A client who has a measured FVC of 3.5 L and can expel 3.1 L within 1 second has

- A. An obstructive defect.
- B. A restrictive defect.
- C. An FEV1 of 3.1.
- D. An FEV1 of 89%.

Correct Answer: D

QUESTION 3

Which of the following would most appropriately assess a previously sedentary, 40-year-old female client's muscular strength?

- A. Using a 30-pound (18-kg) barbell to perform biceps curls to fatigue.
- B. Holding a handgrip dynamometer at 15 pounds (7 kg) to fatigue.
- C. Performing modified curl-ups to fatigue.
- D. Using a 5-pound (2.2-kg) dumbbell to perform multiple sets of biceps curls to fatigue.

Correct Answer: A

QUESTION 4

A client's health screening should be administered before



- A. Any contact with the client.
- B. Any physical activity by the client at your facility.
- C. Fitness assessment or programming.
- D. The initial "walk-through" showing of a facility.

Correct Answer: B

QUESTION 5

What U.S. legislation is critical for operators of fitness facilities to understand and adhere to regarding safety?

- A. The Americans with Handicaps Act.
- B. The Civil Rights Act of 1966.
- C. The Health Portability Act of 1996.
- D. The Americans with Disabilities Act.

Correct Answer: D

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