



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

ACSM Health/Fitness Instructor Exam

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### QUESTION 1

Beyond the general safety parameters, such as keeping equipment in good repair, a facility must create a safe environment for any individual, especially

- A. Guest clients.
- B. Staff.
- C. Health care providers.
- D. Special populations.

Correct Answer: D

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### QUESTION 2

The treatment modality RICES includes all of the following EXCEPT

- A. Covering.
- B. Ice.
- C. Stabilization.
- D. Rest.

Correct Answer: A

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### QUESTION 3

Exercise clothing

- A. Creates an important fashion statement.
- B. Should be bright so that you are easily seen in an aerobics class.
- C. Has only one rule: be comfortable.
- D. Must be safe and performs appropriately, like the exercise equipment.

Correct Answer: D

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### QUESTION 4



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

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#### QUESTION 5

Identifying a patient's risk of complications is important. Which of the following is NOT considered to be a common aspect of the risk identification process?

- A. Laboratory results.
- B. Assessment of cardiac risk.
- C. Review of medical history.
- D. Assessment of work history.

Correct Answer: D

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