



# 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

What is the fitness instructor's primary responsibility in conducting an exercise test?

- A. Maintaining a safe environment by not putting the client in danger.
- B. Making sure that the data collected are accurate.
- C. Completing the test.
- D. Encouragement and support.

Correct Answer: A

---

### 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

Following termination of a stress test, a 12-lead ECG is

- A. Monitored immediately, then every 1 to 2 minutes until exercise-induced changes are at baseline.
- B. Monitored immediately, then at 2 and 5 minutes after the test.
- C. Monitored immediately only.
- D. Monitored and recorded only if any signs or symptoms arise during recovery.

Correct Answer: A

---

### QUESTION 4

RICES refers to



- A. Relaxation, Ice, Compression, Energy, and Stabilization.
- B. Relaxation, Incremental heat, Care for injury, Energy, and Standardization.
- C. Rest, Ice, Common sense, Energy, and Standardization.
- D. Rest, Ice, Compression, Elevation, and Stabilization.

Correct Answer: D

---

#### QUESTION 5

During calibration of a treadmill, the belt length was found to be 5.5 m. It took 1 minute and 40 seconds for the belt to travel 20 revolutions. What is the treadmill speed?

- A. 4 m/min.
- B. 66 m/min.
- C. 79 m/min.
- D. 110 m/min.

Correct Answer: B

[020-222 PDF Dumps](#)

[020-222 VCE Dumps](#)

[020-222 Exam Questions](#)