



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

ACSM Health/Fitness Instructor Exam

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### QUESTION 1

A client with a functional capacity of 7 MET, an ejection fraction of 37%, and an ST - segment depression of 1 mm below baseline on exertion

- A. Should not exercise until his or her ejection fraction is >50%.
- B. Is considered to be at low risk.
- C. Is considered to be at moderate risk.
- D. Is considered to be at high risk.

Correct Answer: C

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### QUESTION 2

The most accurate screening method for signs and symptoms of CAD is a

- A. Maximal exercise test with a 12-lead ECG.
- B. Submaximal exercise test with a 12-lead ECG.
- C. Discontinuous protocol, stopping at 85% of maximal heart rate.
- D. Continuous protocol, stopping at 85% of maximal heart rate.

Correct Answer: A

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### QUESTION 3

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 4

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

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#### QUESTION 5

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

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