



030-333^{Q&As}

ACSM Exercise Specialist Exam

Pass ACSM 030-333 Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.passapply.com/030-333.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

Which of the following elements is NOT part of an emergency plan for a clinical exercise program?

- A. Annual practice sessions involving all staff.
- B. Emergency plan that constantly refers to national established guidelines (e.g., ACLS) without addressing unique features of the program.
- C. Emergency drills carried out on a regular basis and documented.
- D. Scenarios developed to increase the applicability of the emergency plan practice sessions.

Correct Answer: A

QUESTION 2

Abnormally tall and peaked T waves suggest which of the following?

- A. Hyperkalemia.
- B. Acute pericarditis.
- C. Acute MI.
- D. Hypokalemia.

Correct Answer: A

QUESTION 3

The same 55-kilogram woman (from question 12) also trains on a Monark arm ergometer at 60 rpm against a resistance of 1.5 kiloponds. What is her absolute \dot{V}_{O_2} ?

- A. $1.52 \text{ L} \cdot \text{min}^{-1}$
- B. $773.0 \text{ mL} \cdot \text{min}^{-1}$
- C. $0.840 \text{ L} \cdot \text{min}^{-1}$
- D. $0.774 \text{ L} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: C



QUESTION 4

Why are records valuable to a fitness program?

- A. They help in evaluation of a program.
- B. They offer music not found on tapes or CDs.
- C. They help to provide facts in any legal issues.
- D. They help the front desk to monitor paid and unpaid clients.

Correct Answer: A

QUESTION 5

Which of the following statements regarding cooldown is FALSE?

- A. The emphasis should be large muscle activity performed at a low to moderate intensity.
- B. Increasing venous return should be a priority during cool-down.
- C. The potential for improving flexibility may be improved during cool-down as compared with warm-up.
- D. Between 1 and 2 minutes are recommended for an adequate cool-down.

Correct Answer: D

[Latest 030-333 Dumps](#)

[030-333 PDF Dumps](#)

[030-333 Study Guide](#)