



# 030-333<sup>Q&As</sup>

ACSM Exercise Specialist Exam

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### QUESTION 1

In an effort to improve flexibility, the ACSM recommends:

- A. Proprioceptive neuromuscular facilitation.
- B. Ballistic stretching.
- C. The plough and hurdler\\'s stretches.
- D. Static stretches held for 10 to 30 seconds per repetition.

Correct Answer: D

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### QUESTION 2

If total daily caloric consumption is 2,400 kcal and the total fat in that diet is 30%, how many grams of fat per day would be consumed?

- A. 80.
- B. 70.
- C. 90.
- D. 75.

Correct Answer: A

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### QUESTION 3

Staff certification is:

- A. Not important, because members do not care.
- B. Important, primarily because it adds spice to marketing materials.
- C. Not a good idea, because certified staff will increase your payroll.
- D. Important, primarily because it adds a standard of knowledge and credibility to your facility.

Correct Answer: D

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### QUESTION 4

What stepping rate should a client use if she wishes to exercise at 5 METs? The step box is 6 inches high, and the client weighs 50 kg.

- A. 12 steps per minute.



B. 32 steps per minute.

C. 25 steps per minute.

D. 96 steps per minute.

Correct Answer: C

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#### QUESTION 5

What is the relative  $\dot{V}O_2$  of walking on a treadmill at 3.5 mph and a 0% grade?

A. 9.38 mL  $\cdot$  kg<sup>-1</sup>  $\cdot$  min<sup>-1</sup>

B. 12.88 mL  $\cdot$  kg<sup>-1</sup>  $\cdot$  min<sup>-1</sup>

C. 18.76 mL  $\cdot$  kg<sup>-1</sup>  $\cdot$  min<sup>-1</sup>

D. 22.26 mL  $\cdot$  kg<sup>-1</sup>  $\cdot$  min<sup>-1</sup>

A. B. C. D.

Correct Answer: B

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