



# 040-444<sup>Q&As</sup>

ACSM Registered Clinical Exercise Physiologist

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#### QUESTION 1

An appropriate exercise for improving the strength of the low back muscles are

- A. Straight leg lifts.
- B. Parallel squats.
- C. Spinal extension exercises.
- D. Sit-ups with feet anchored.

Correct Answer: C

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#### QUESTION 2

Blood leaving the heart to be oxygenated in the lungs must first pass through the right atrium and ventricle. Through which valve does blood flow when moving from the right atrium to the right ventricle?

- A. Bicuspid valve.
- B. Tricuspid valve.
- C. Pulmonic valve.
- D. Aortic valve.

Correct Answer: B

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#### QUESTION 3

A client is walking on a treadmill at 3.4 mph and a 5% grade. What is her  $\dot{V}O_2$  in relative terms?

- A. 9.11mL . kg<sup>-1</sup> . min<sup>-1</sup>
- B. 11.9mL . kg<sup>-1</sup> . min<sup>-1</sup>
- C. 24mL . kg<sup>-1</sup> . min<sup>-1</sup>
- D. 20.81mL . kg<sup>-1</sup> . min<sup>-1</sup>

Correct Answer: D

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#### QUESTION 4

Athletes who exercise in the heat and humidity have a special need for fluid replacement. Current guidelines suggest that athletes should

- A. Consume 16 to 24 fluid ounces of water for every pound of weight lost.



- B. Drink nothing but alcoholic beverages after engaging in exercise.
- C. Avoid drinking water after exercise because of the danger of cramps.
- D. Eat salt tablets with every meal during the hot summer months.

Correct Answer: A

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#### QUESTION 5

What is a subject's work rate in watts if he pedals on a Monark cycle ergometer at 50 rpm at a resistance of 2.0 kiloponds?

- A. 50W.
- B. 100W.
- C. 200W.
- D. 300W.

Correct Answer: B

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