



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

ACSM Registered Clinical Exercise Physiologist

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#### QUESTION 1

Which of the following medical conditions is NOT part of the female athlete triad?

- A. Disordered eating.
- B. Osteoporosis.
- C. Amenorrhea.
- D. Anemia.

Correct Answer: D

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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

All of the following musculoskeletal changes typically occur with advancing age EXCEPT

- A. Decreased flexibility.
- B. Impaired balance.
- C. Inhibited range of motion.
- D. Skeletal muscle hypertrophy

Correct Answer: D

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#### QUESTION 4

The exercise leader or health/fitness instructor should modify exercise sessions for participants with hypertension by

- A. Shortening the cool-down to less than 5 minutes.
- B. Eliminating resistance training completely.



- C. Prolonging the cool-down.
- D. Implementing high-intensity (>85% of HRR), short-duration intervals.

Correct Answer: C

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#### QUESTION 5

Which of the following would assist anxious people before an exercise test?

- A. Ask them to sit quietly in a chair for a few minutes.
- B. Thoroughly explain the exercise test.
- C. Familiarize them with the exercise equipment by brief practice.
- D. All of the above

Correct Answer: D

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