



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

ACSM Registered Clinical Exercise Physiologist

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### QUESTION 1

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 2

Controlling pool water temperature (83-88°F), avoiding jarring and weight-bearing activities, and avoiding movement in swollen, inflamed joints are special considerations for exercise in

- A. Clients after a hernectomy.
- B. Clients with angina.
- C. Clients with osteoporosis.
- D. Clients with arthritis.

Correct Answer: D

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### QUESTION 3

A "cold spot" detected in the inferior portion of the left ventricle during a stress test that resolves 3 hours later most likely indicates

- A. An old inferior MI.
- B. A MI that is healing.
- C. Reversible myocardial ischemia.
- D. The need for multiple bypass surgery.

Correct Answer: C

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### QUESTION 4



Although 12-lead testing is the optimal ECG configuration, if only one lead can be used, which one should it be?

- A. Lead II.
- B. Lead AVL
- C. Lead V5
- D. Lead V1

Correct Answer: C

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#### QUESTION 5

A client taking a calcium-channel blocker most likely will exhibit which of the following responses during exercise?

- A. Hypertensive response.
- B. Increased ischemia.
- C. Improved anginal thresholds.
- D. Severe hypotension.

Correct Answer: C

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