



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

ACSM Registered Clinical Exercise Physiologist

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### QUESTION 1

In response to various stimuli, movements of ions occur, causing the rapid loss of the internal negative potential. This process is known as A. Polarization.

B. Repolarization.

C. Automaticity.

D. Depolarization.

Correct Answer: D

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### QUESTION 2

A client in your exercise class has been complaining of back pain with no radicular symptoms. This person has been treated medically and is now joining the exercise program to improve flexibility in the low back. Which exercise would be most appropriate for this person to address the stated goal?

A. Hip flexor stretch.

B. Knee-to-chest stretch.

C. Gastrocnemius stretch.

D. Lateral trunk stretch.

Correct Answer: B

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### QUESTION 3

Outcome assessment evaluates a program's effectiveness. Which of the following statements about outcome assessment is NOT true?

A. The client care plan for each individual participant is not used in this process.

B. Data that are subjective or anecdotal in nature can be used in the assessment.

C. Periodic progress reports are valuable and should stimulate the need to collect objective data to support any subjective findings.

D. Standardized tools should be used for outcome assessment.

Correct Answer: A

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### QUESTION 4

Advancing age brings a progressive decline in bone mineral density and calcium content; this process is accelerated in women immediately following menopause. Which condition is commonly associated with this condition?



- A. Osteoarthritis.
- B. Osteoporosis.
- C. Arthritis.
- D. Epiphysitis.

Correct Answer: B

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#### QUESTION 5

What is the optimal approach for long-term management of body weight?

- A. Hypocaloric diet.
- B. Daily aerobic exercise.
- C. Resistance training.
- D. A low-fat, high-fiber diet and daily physical activity.

Correct Answer: D

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