



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

ACSM Registered Clinical Exercise Physiologist

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### QUESTION 1

All of the following risk factors for CAD can be modified by a regular and appropriate exercise training program EXCEPT

- A. Advancing age.
- B. DM.
- C. Hypertension.
- D. HDL cholesterol.

Correct Answer: A

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### QUESTION 2

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 3

In which stage of motivational readiness is a person who is an irregular exerciser?

- A. Precontemplation.
- B. Contemplation.
- C. Preparation.
- D. Action.

Correct Answer: C

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### QUESTION 4

Do fitness instructors need management skills?

- A. Only if they wish to become floor supervisors or program managers.



- B. Yes, because of the natural progression of advancement into management.
- C. Yes, because as instructors, they manage client programs and manage the floor with the clients.
- D. No, because they will be trained in management if they become managers.

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 10% grade?

- A. 181.72mL . kg-1 . min-1
- B. 18.17mL. kg-1 . min-1
- C. 29.76mL . kg-1 . min-1
- D. 27.96mL . kg-1 . min-1

Correct Answer: C

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