



030-333^{Q&As}

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QUESTION 1

A specific benefit of regular exercise for patients with angina is

- A. Improved ischemic threshold at which angina symptoms occur.
- B. Increased myocardial oxygen demand at the same submaximal levels.
- C. Eradication of all symptoms.
- D. Elevation of BP.

Correct Answer: A

QUESTION 2

The eating habits of an athlete involved in long distance running should differ from those of a sedentary individual of the same body weight in what way?

- A. The athlete should reduce fat intake to 10% of total calories.
- B. The athlete should increase protein intake to threefold the RDA.
- C. The athlete should have a greater intake of grains, fruits, vegetables, and lean sources of protein.
- D. There should be no change in calories.

Correct Answer: C

QUESTION 3

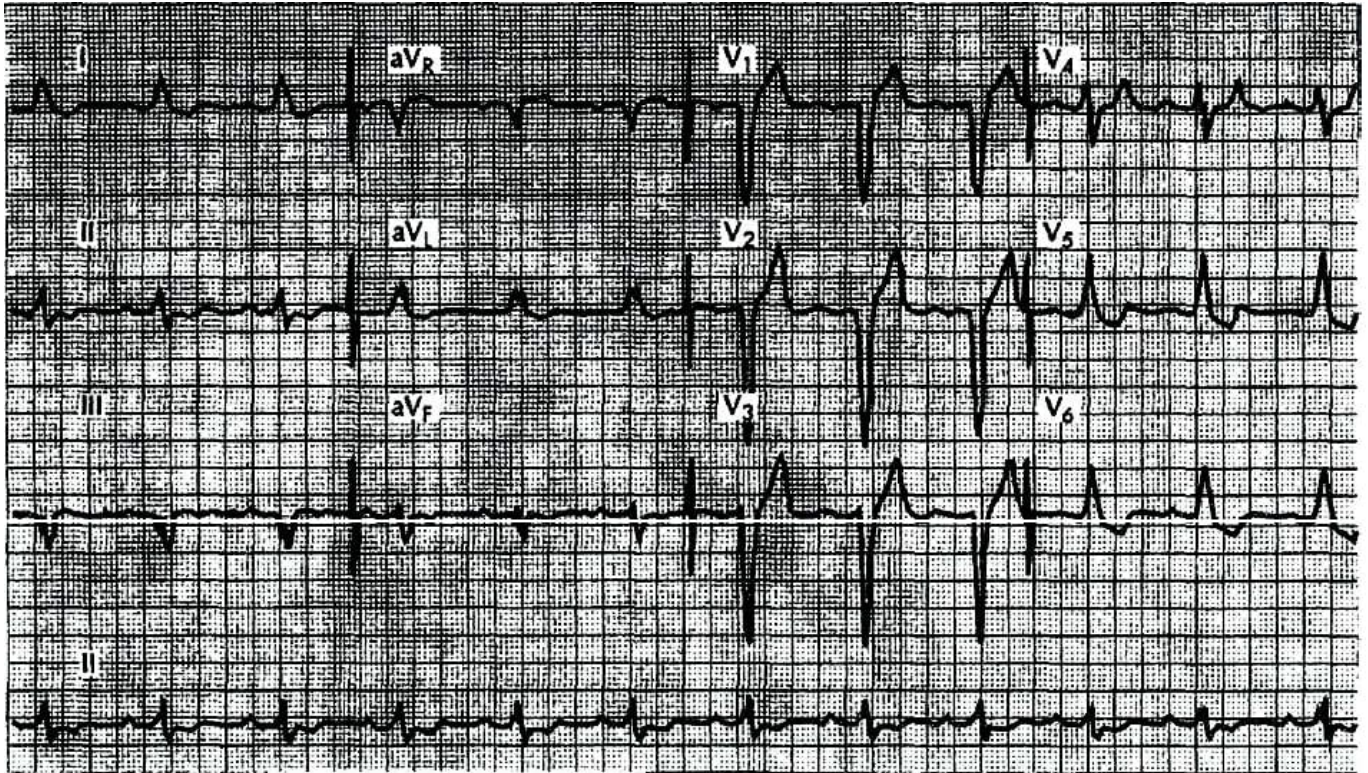
Why are records valuable to a fitness program?

- A. They help in evaluation of a program.
- B. They offer music not found on tapes or CDs.
- C. They help to provide facts in any legal issues.
- D. They help the front desk to monitor paid and unpaid clients.

Correct Answer: A

QUESTION 4

In the ECG shown on the following page, which of the following conduction abnormalities is indicated?



- A. RBBB.
- B. Third-degree AV block.
- C. First-degree AV block.
- D. Mobitz I.

Correct Answer: C

QUESTION 5

Which of the following is an appropriate exercise for clients with diabetes and loss of protective sensation in the extremities?

- A. Prolonged walking.
- B. Jogging.
- C. Step-class exercise.
- D. Swimming.

Correct Answer: D

QUESTION 6



Which of the following is one cause of a wide QRS complex?

- A. Hypokalemia.
- B. Defective intraventricular conduction.
- C. Right atrial enlargement.
- D. Abnormal ST segment

Correct Answer: B

QUESTION 7

Diets high in saturated fat can lead to elevations in blood concentration, which may increase risk of heart disease. Optimal concentrations of this blood lipoprotein are:

- A. Very LDL-C,