



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

ACSM Registered Clinical Exercise Physiologist

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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 B P.

Correct Answer: A

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#### QUESTION 2

Which of the following would most appropriately assess a previously sedentary, 40-year-old female client's muscular strength?

- A. Using a 30-pound (18-kg) barbell to perform biceps curls to fatigue.
- B. Holding a handgrip dynamometer at 15 pounds (7 kg) to fatigue.
- C. Performing modified curl-ups to fatigue.
- D. Using a 5-pound (2.2-kg) dumbbell to perform multiple sets of biceps curls to fatigue.

Correct Answer: A

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#### QUESTION 3

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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#### QUESTION 4

Transitional care exercise and rehabilitation programs are NOT appropriate for

- A. Clients with functionally limiting chronic disease.



- B. Clients with comorbid disease states.
- C. Asymptomatic clients with a functional capacity of 10 MET.
- D. Clients at 1 week after CABG surgery.

Correct Answer: C

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#### QUESTION 5

Which of the following can an older person expect as a result of participation in an exercise program?

- A. Overall improvement in the quality of life and increased independence.
- B. No changes in the quality of life but an increase in longevity.
- C. Increased longevity but a loss of bone mass.
- D. Loss of bone mass with a concomitant increase in bone density.

Correct Answer: A

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#### QUESTION 6

Which of the following is NOT a major food fuel during exercise?

- A. Glucose.
- B. Fatty acids.
- C. Protein.
- D. Glycogen.

Correct Answer: C

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#### QUESTION 7

The energy to perform long-term exercise (> or = 15 min) comes primarily from

- A. Aerobic metabolism.
- B. A combination of aerobic and anaerobic metabolism, with anaerobic metabolism producing the bulk of the ATP.
- C. Anaerobic metabolism.
- D. None of the above.

Correct Answer: A

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### QUESTION 8

Budgets are designed to

- A. Make management happy.
- B. Determine if a program is viable.
- C. Save money.
- D. Teach managers about cost analysis.

Correct Answer: B

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### QUESTION 9

Standard sites for the measurement of skinfolds include the

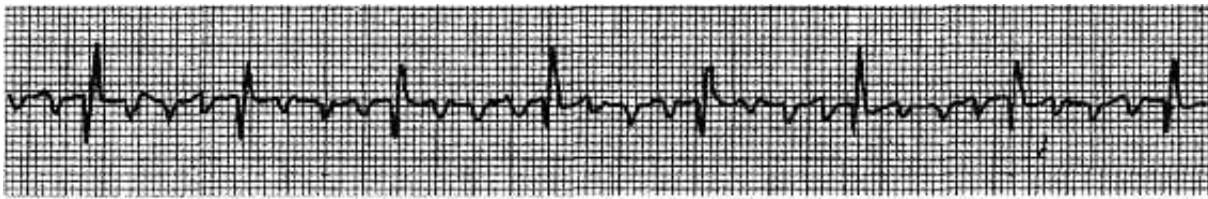
- A. Medial thigh.
- B. Biceps.
- C. Infrailiac.
- D. Forearm.

Correct Answer: B

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### QUESTION 10

In the ECG strip shown below, which arrhythmia is indicated?



- A. Atrial flutter.
- B. Atrial fibrillation.
- C. Prematureatrial contractions.
- D. Atrial tachycardia.

Correct Answer: A

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### QUESTION 11



Prevention strategies of staff and clients must include

- A. Following the rules.
- B. Keeping the facility clean.
- C. Hiring good front-desk staff.
- D. Developing clever, unique programs.

Correct Answer: A

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#### QUESTION 12

Chronic soreness and fatigue are symptoms of

- A. Hyperglycemia.
- B. Strain.
- C. Overuse injury.
- D. Hypoglycemia.

Correct Answer: C

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#### QUESTION 13

Which of the following bones articulates proximally with the sternal manubrium and distally with the scapula and is helpful to palpate in electrode placement?

- A. Scapula.
- B. Sternum.
- C. Clavicle.
- D. Twelfth rib.

Correct Answer: C

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#### QUESTION 14

Low back pain occurs most commonly in the lumbar region, because

- A. The lumbar vertebrae are the least mobile.
- B. The lumbar disks are subject to the most pressure.
- C. The lumbar vertebrae support much of the body weight.



D. All of the above.

Correct Answer: D

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#### QUESTION 15

A sedentary lifestyle

A. Has a risk similar to that of hypertension, high cholesterol, and cigarette smoking.

B. Increases HDL cholesterol.

C. Increases the sensitivity to insulin.

D. Has little influence on post-MI mortality rates.

Correct Answer: A

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