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ACSM Health/Fitness Instructor Exam

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Question: 1

A client's health screening should be administered before

- A. Any contact with the client.
- B. Any physical activity by the client at your facility.
- C. Fitness assessment or programming.
- D. The initial "walk-through" showing of a facility.

Answer: B

Question: 2

A well-designed consent document developed in consultation with a qualified legal professional provides your facility with

- A. Documentation of a good-faith effort to educate your clients.
- B. Legal documentation of a client's understanding of assessment procedures.
- C. Legal immunity against lawsuits.
- D. No legal benefit.

Answer: A

Question: 3

Relative contraindications for exercise testing are conditions for which

- A. A physician should be present during the testing procedures.
- B. Exercise testing should not be performed until the condition improves.
- C. Exercise testing will not provide accurate assessment of health-related fitness.
- D. Professional judgment about the risks and benefits of testing should determine whether to conduct an assessment.

Answer: D

Question: 4

A male client is 42 years old. His father died of a heart attack at age 62. He has a consistent resting blood pressure (measured over 6 weeks) of 132/86 mm Hg and a total serum cholesterol of 5.4 mmol/L. Based on his CAD risk stratification, which of the following activities is appropriate?

- A. Maximal assessment of cardiorespiratory fitness without a physician supervising.
- B. Sub maximal assessment of cardiorespiratory fitness without a physician supervising.
- C. Vigorous exercise without a previous medical assessment.
- D. Vigorous exercise without a previous physician-supervised exercise test.

Answer: C

Question: 5

During calibration of a treadmill, the belt length was found to be 5.5 m. It took 1 minute and 40 seconds for the belt to travel 20 revolutions. What is the treadmill speed?

- A. 4 m/min.
- B. 66 m/min.
- C. 79 m/min.
- D. 110 m/min.

Answer: B

Question: 6

Which of the following would most appropriately assess a previously sedentary, 40- yearold 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.

Answer: A

Question: 7

Flexibility is a measure of the

- A. Disease-free ROM about a joint.
- B. Effort-free ROM about a joint.

- C. Habitually used ROM about a joint.
- D. Pain-free ROM about a joint.

Answer: D

Question: 8

Which of the following is a FALSE statement regarding informed consent?

- A. Informed consent is not a legal document.
- B. Informed consent does not provide legal immunity to a facility or individual in the event of injury to a client.
- C. Negligence, improper test administration, inadequate personnel qualifications, and insufficient safety procedures are all items expressly covered by the informed consent.
- D. Informed consent does not relieve the facility or individual of the responsibility to do everything possible to ensure the safety of the client.

Answer: C



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