

020-222^{Q&As}

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QUESTION 1

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

QUESTION 2

Which of the following statements about underwater weighing is TRUE?

- A. It can divide the body into bone, muscle, and fat components.
- B. It assumes standard densities for bone, muscle, and fat.
- C. It can divide the body into visceral and subcutaneous fat components.
- D. It is a direct method of assessing body composition.

Correct Answer: B

QUESTION 3

In preventing injuries, hydration is very important, because

- A. It controls breathing and the Valsalva maneuver.
- B. It helps to regulate carbohydrate utilization during cardiovascular exercise.
- C. It helps to regulate body temperature and electrolyte balance. s
- D. It helps to prevent blood pooling during the cool-down.

Correct Answer: C

QUESTION 4

Which of the following is NOT considered to be a benefit of follow-up in an emergency situation?

- A. It provides information regarding the patient's current status, which may help to determine the cause of the

emergency.

- B. It provides statistics that will help to justify the emergency response program.
- C. It allows the staff to finalize the incident report.
- D. It provides information to determine the consequences of the staff's actions.

Correct Answer: B

QUESTION 5

The exercise staffs role when an injury or emergency occurs should be to:

- A. Control the situation by implementing the emergency plan and taking charge.
- B. Find someone to implement the emergency plan.
- C. Get everyone out of the facility to avoid chaos.
- D. Hope that an emergency contact is available to help with the situation.

Correct Answer: A

QUESTION 6

Emergency procedures should be

- A. Given to all clients when they join.
- B. Put away in a safe place.
- C. Posted under each phone.
- D. Posted above each fire extinguisher.

Correct Answer: C

QUESTION 7

Safety procedures for clinical staff help protect them from

- A. Bloodborne pathogens.
- B. Theft.
- C. Violent patients.
- D. Work-related injuries.

Correct Answer: A

QUESTION 8

A client with a functional capacity of 7 MET, an ejection fraction of 37%, and an ST - segment depression of 1 mm below baseline on exertion

- A. Should not exercise until his or her ejection fraction is >50%.
- B. Is considered to be at low risk.
- C. Is considered to be at moderate risk.
- D. Is considered to be at high risk.

Correct Answer: C

QUESTION 9

Complaints of pain in the chest with associated pain radiating down the left arm may be signs of

- A. Cardiac crisis.
- B. Hypotension.
- C. Seizure.
- D. Heartburn.

Correct Answer: A

QUESTION 10

One of the first actions that a fitness instructor should consider in preventing injury is to

- A. Teach the client how to warm-up and cool-down.
- B. Instruct the client on safety procedures when using the facility.
- C. Conduct a preparticipation screening.
- D. Instruct the client on how to use the exercise equipment safely.

Correct Answer: C

QUESTION 11

The physician's role in an emergency plan is

- A. Not important, because most facilities are hospital-based and the emergency room is nearby.
- B. Not significant, because a physician is not necessary when testing is conducted.
- C. An agency that certifies a managed care organization.
- D. Critical, because the physician must be present and can handle any emergency situation.

Correct Answer: C

QUESTION 12

Emergency procedures and safety include which of the following?

- A. Injury prevention.
- B. Basic principles for exercise training.
- C. Metabolic injuries.
- D. Emergency consequences.

Correct Answer: A

QUESTION 13

RICES refers to

- A. Relaxation, Ice, Compression, Energy, and Stabilization.
- B. Relaxation, Incremental heat, Care for injury, Energy, and Standardization.
- C. Rest, Ice, Common sense, Energy, and Standardization.
- D. Rest, Ice, Compression, Elevation, and Stabilization.

Correct Answer: D

QUESTION 14

Chronic soreness and fatigue are symptoms of

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

Correct Answer: C

QUESTION 15

A client who has a measured FVC of 3.5 L and can expel 3.1 L within 1 second has

- A. An obstructive defect.
- B. A restrictive defect.
- C. An FEV1 of 3.1.
- D. An FEV1 of 89%.

Correct Answer: D

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