

040-444^{Q&As}

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QUESTION 1

Fire, bloodborne pathogens, and power outage should all be included in

- A. Facility insurance.
- B. Safety plans.
- C. Maintenance plans.
- D. Testing by the facility and staff.

Correct Answer: B

QUESTION 2

A baseball pitcher has been complaining of weakness in the lateral rotation motions of the shoulder. You have been asked to evaluate him for a strengthening program. Which of the following muscles would you have him concentrate on strengthening?

- A. Subscapularis.
- B. Teres major.
- C. Latissimus dorsi.
- D. Teres minor.

Correct Answer: D

QUESTION 3

All of the following are special considerations in prescribing exercise for the client with arthritis EXCEPT

- A. The possible need to splint painful joints for protection.
- B. Periods of acute inflammation result in decreased pain and joint stiffness.
- C. The possibility of gait abnormalities as compensation for pain or stiffness.
- D. The need to avoid exercise of warm, swollen joints.

Correct Answer: B

QUESTION 4

All of the following musculoskeletal changes typically occur with advancing age EXCEPT

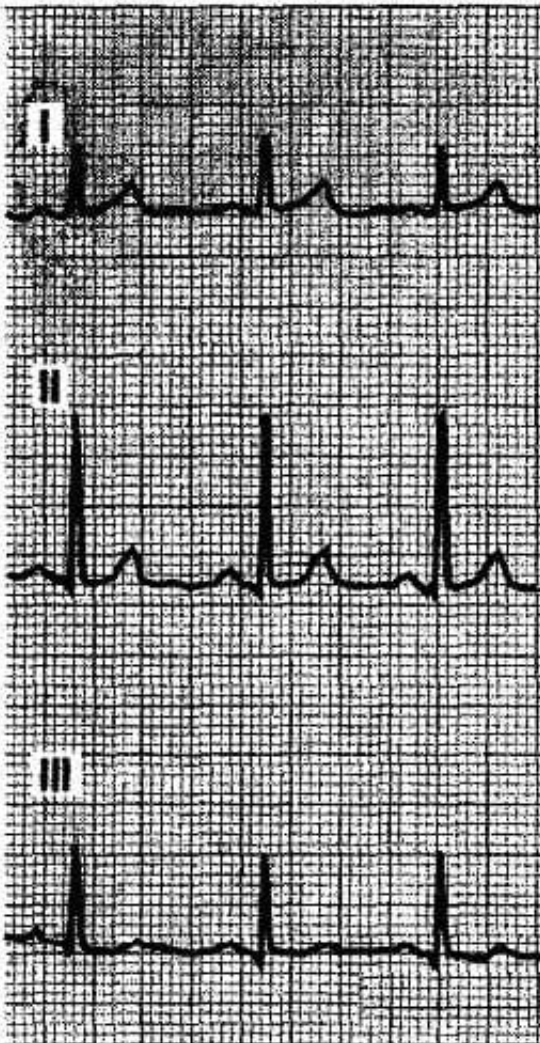
- A. Decreased flexibility.

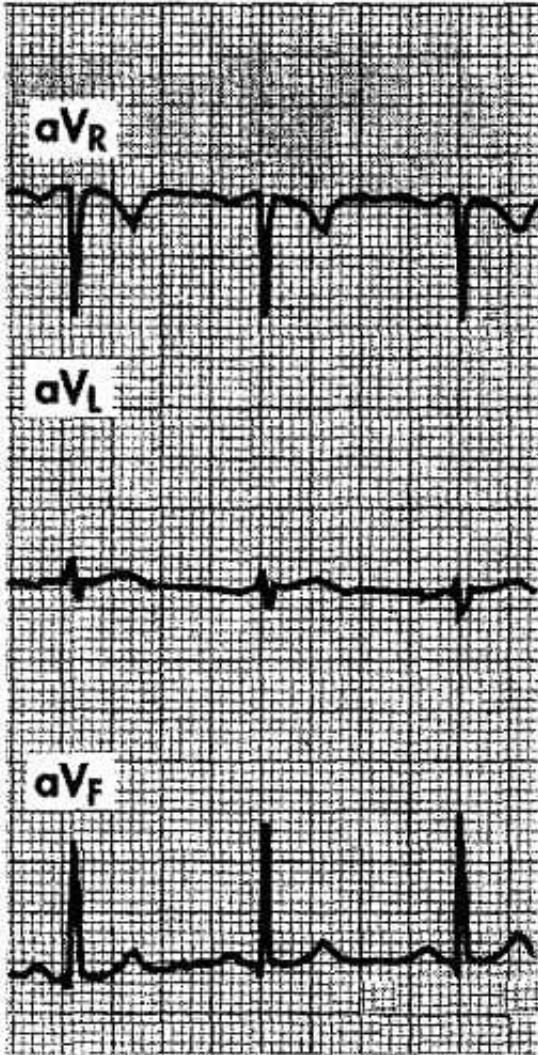
- B. Impaired balance.
- C. Inhibited range of motion.
- D. Skeletal muscle hypertrophy

Correct Answer: D

QUESTION 5

Examine the six extremity leads shown in the figure below. What is the appropriate mean QRS axis?





- A. -30?
- B. 60?
- C. 90?
- D. 120? (From Goldberger AL: Clinical Electrocardiography: A Simplified Approach, 6th ed. St Louis, Mosby, 1999, p 55.)

Correct Answer: B

QUESTION 6

A 70-kg client is running on a treadmill at 5 mph and a 5% grade. What is his caloric expenditure rate?

- A. 12.7kcal . min⁻¹
- B. 1.271kcal . min⁻¹
- C. 3.633kcal . min⁻¹

D. 36.33kcal . min -1

Correct Answer: A

QUESTION 7

Which of the following is NOT a muscle type?

A. Skeletal.

B. Smooth.

C. Cardiac.

D. Generic.

Correct Answer: D

QUESTION 8

Which age group is the fastest-growing segment of the

A. Preadolescents.

B. Adolescents.

C. Adults aged 65 to 85 years.

D. Adults older than 85 years.

Correct Answer: C

QUESTION 9

The Transtheoretical Model assumes that individuals

A. Move through the stages of behavioral change at a steady pace.

B. Only progress forward through the stages.

C. Move back and forth along the stage continuum.

D. Tend to use behavioral processes during the earlier stages of change.

Correct Answer: C

QUESTION 10

According to the most recent National Institutes of Health's Clinical Guidelines for the Identification, Evaluation, and

Treatment of Overweight and Obesity in Adults, recommendations for practical clinical assessment include

- A. Determining total body fat through the BMI to assess obesity.
- B. Determining the degree of abdominal fat and health risk through waist circumference.
- C. Using the waist-to-hip ratio as the only definition of obesity and lean muscle mass.
- D. Both A and B.

Correct Answer: D

QUESTION 11

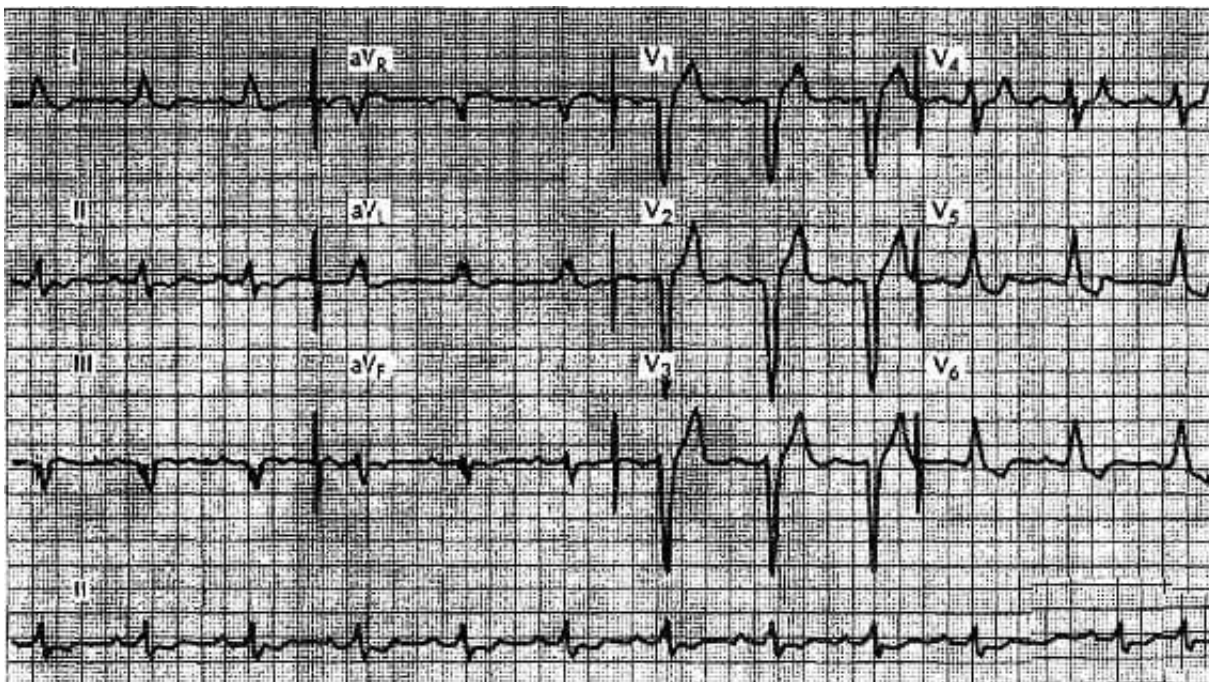
What is the best test of cardiovascular function for a client who is obese, has claudication in the legs, and has limited mobility because of neurologic damage from uncontrolled diabetes?

- A. Dipyridamole or dobutamine testing and assessment of cardiovascular variables.
- B. Discontinuous treadmill exercise test.
- C. Resting echocardiography.
- D. Continuoussubmaximal cycle ergometer test.

Correct Answer: A

QUESTION 12

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 13

A classic sign of subendocardial ischemia is

- A. Angina.
- B. ST -segment depression.
- C. ST-segment elevation.
- D. A pathologic Q wave.

Correct Answer: B

QUESTION 14

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

QUESTION 15

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.

Correct Answer: D

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