

# 020-222<sup>Q&As</sup>

ACSM Health/Fitness Instructor Exam

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**QUESTION 1**

Weight room safety should include

- A. A phone.
- B. Lifting gloves and back belts.
- C. Male trainers to help with spotting.
- D. Safe passageways and use of the buddy system.

Correct Answer: D

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**QUESTION 2**

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 3**

How should a fitness instructor advise a client with regard to progression of the exercise program?

- A. The progression should be gradual and slow.
- B. The progression should be at specific increments based on a calendar schedule (e.g. add 10% every 2 weeks).
- C. Be aggressive in increasing the program to increase fitness
- D. Progress the program only when the client feels ready.

Correct Answer: A

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**QUESTION 4**

What are some of the risks for musculoskeletal injury?

- A. Poor Signage in the facility.
- B. Extrinsic factors ?intensity, terrain, equipment.

C. Intrinsic factors-frequency, attitude, ender.

D. Membership type

Correct Answer: B

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#### **QUESTION 5**

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.

Correct Answer: D

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