

# 030-333<sup>Q&As</sup>

ACSM Exercise Specialist Exam

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**QUESTION 1**

Which of the following is a method of strength and power training that involves an eccentric loading of muscles and tendons followed immediately by an explosive concentric contraction?

- A. Super sets.
- B. Split routines.
- C. Plyometrics.
- D. Periodization.

Correct Answer: C

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**QUESTION 2**

Which of the following statements true regarding exercise leadership is FALSE?

- A. The exercise leader should be fit enough to exercise with any of his or her participants.
- B. Most people are not bored by exercise and can easily find time to participate in an exercise program.
- C. The exercise leader should adjust the exercise intensity based on individual differences in fitness.
- D. Periodic fitness assessment may provide evidence of improvement in fitness for some participants.

Correct Answer: B

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**QUESTION 3**

What is the best way that an administrator can educate the fitness staff?

- A. Voicing his or her opinion.
- B. Joining fitness organizations, and subscribing to fitness journals.
- C. Buying fitness videos.
- D. Reading the newspaper.

Correct Answer: B

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**QUESTION 4**

A comprehensive patient care plan is necessary for effective program management, because it

- A. Is required by federal law.

- B. Provides a "road map" for interventions.
- C. Is a requirement for insurance reimbursement.
- D. Provides raw data for analysis in CQI or outcomes assessment.

Correct Answer: B

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#### **QUESTION 5**

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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