

# 040-444<sup>Q&As</sup>

ACSM Registered Clinical Exercise Physiologist

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**QUESTION 1**

What is the relative oxygen cost of bench stepping at a rate of 24 steps per minute up a 10-inch stepping box? The individual weighs 140 pounds.

- A. 12.91mL . kg-1 . min-1
- B. 14.61mL . kg-1 . min-1
- C. 16.41mL . kg-1 . min-1
- D. 22.89mL . kg-1 . min-1

Correct Answer: D

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**QUESTION 2**

Body fat appears to be most dangerous when

- A. Weight for height exceeds 20% above recommended.
- B. It exceeds 25% for males and 30% for females.
- C. Central (android) obesity is present.
- D. The BMI exceeds 25

Correct Answer: C

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**QUESTION 3**

The energy to perform long-term exercise (> or = 15 min) comes primarily from

- A. Aerobic metabolism.
- B. A combination of aerobic and anaerobic metabolism, with anaerobic metabolism producing the bulk of the ATP.
- C. Anaerobic metabolism.
- D. None of the above.

Correct Answer: A

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**QUESTION 4**

Which of the following statements regarding exercise for the elderly is FALSE?

- A. Resistance exercise training is not recommended for older adults.

- B. A loss of fat-free mass is responsible for the decrease in muscular strength as we age.
- C. The ACSM recommends a cardiorespiratory training intensity of 50% to 70% of HRR for older adults.
- D. A decrease in maximal HR is responsible for reductions in the maximal oxygen consumption as we age.

Correct Answer: A

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#### **QUESTION 5**

A patient who exhibits tachycardia, diaphoresis, light-headedness, and visual disturbances may be experiencing

- A. Hypoglycemia.
- B. Congestive heart failure.
- C. Hyperglycemia.
- D. Hypotension.

Correct Answer: A

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