

040-444^{Q&As}

ACSM Registered Clinical Exercise Physiologist

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QUESTION 1

A client with type 1 diabetes mellitus checks her fasting morning glucose level on her whole-blood glucose meter (fingerstick method), and the result of 253 mg/dL (14 mmol/L). A urine test is positive for ketones before her exercise session. What action should you take?

- A. Allow her to exercise as long as her glucose is not greater than 300mg/dL (17 mmol/L).
- B. Not allow her to exercise this session, and notify her physician of the findings.
- C. Give her an extra carbohydrate snack, and wait 5 minutes before beginning exercise.
- D. Readjust her insulin regimen for the remainder of the day to compensate for the high morning glucose level.

Correct Answer: B

QUESTION 2

One important aspect of staff competency is ensuring that staff members are well trained and kept up to date. Which of the following organizations has recently launched the Registry for Clinical Exercise Physiologists?

- A. AACVPR.
- B. American College of Physicians.
- C. American Heart Association.
- D. ACSM.

Correct Answer: D

QUESTION 3

The potential benefits and risks of an exercise test should be written in what document?

- A. Description of services.
- B. Safety plan.
- C. Informed consent.
- D. Exercise waivers.

Correct Answer: C

QUESTION 4

What

- A. The Americans with Handicaps Act.
- B. The Civil Rights Act of 1966.
- C. The Health Portability Act of 1996.
- D. The Americans with Disabilities Act.

Correct Answer: D

QUESTION 5

When counseling a patient with metabolic syndrome, your emphasis should be on addressing underlying causes of the syndrome, such as

- A. Obesity and physical inactivity.
- B. Excessive carbohydrate intake.
- C. Elevated LDL-C concentration.
- D. Lack of muscular strength.

Correct Answer: A

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