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ACSM Health/Fitness Instructor

QUESTION: 62
Which of the following are symptoms of hypoglycemia?

A. Hypotension.
B. Cold, clammy skin.
C. Tachycardia and slurred speech.
D. Bronchospasms and hyperventilation.

Answer: C

QUESTION: 63
RICES refers to

A. Relaxation, Ice, Compression, Energy, and Stabilization.
B. Relaxation, Incremental heat, Care for injury, Energy, and Standardization.
C. Rest, Ice, Common sense, Energy, and Standardization.
D. Rest, Ice, Compression, Elevation, and Stabilization.

Answer: D

QUESTION: 64
Complaints of pain in the chest with associated pain radiating down the left arm may be signs of

A. Cardiac crisis.
B. Hypotension.
C. Seizure.
D. Heartburn.

Answer: A

QUESTION: 65
Beyond the general safety parameters, such as keeping equipment in good repair, a facility must create a safe environment for any individual, especially

A. Guest clients.
B. Staff.
C. Health care providers.
D. Special populations.

Answer: D

QUESTION: 66
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.

Answer: D

QUESTION: 67
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.

Answer: B

QUESTION: 68
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.

Answer: C

QUESTION: 69
Documentation offers important

A. Liability and negligence protection.
B. Liability and risk protection.
C. Safety and communication programs.
D. Billing and classification tools.

Answer: A

QUESTION: 70
Emergency procedures should be

A. Given to all clients when they join.
B. Put away in a safe place.
C. Posted under each phone.
D. Posted above each fire extinguisher.

Answer: C

QUESTION: 71
Which of the following is NOT a principle of low back care?

A. Abdominal curl-ups/
B. Unloaded flexion/extension of the spine.
C. Neutral spine during all exercises.
D. Controlled leg press or squat with light weights.

Answer: D

QUESTION: 72
What is the fitness instructor's primary responsibility in conducting an exercise test?

A. Maintaining a safe environment by not putting the client in danger.
B. Making sure that the data collected are accurate.
C. Completing the test.
D. Encouragement and support.

Answer: A

QUESTION: 73
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

Answer: B

QUESTION: 74
Chronic soreness and fatigue are symptoms of

A. Hyperglycemia.
B. Strain.
C. Overuse injury.
D. Hypoglyeemia.

Answer: C

QUESTION: 75
Exercise clothing

A. Creates an important fashion statement.
B. Should be bright so that you are easily seen in an aerobics class.
C. Has only one rule: be comfortable.
D. Must be safe and performs appropriately, like the exercise equipment.

Answer: D

SAMPLE QUESTIONS

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