

Fitness

ACSM-EP

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Question: 1

A sedentary lifestyle means that the client isn't engaging in physical activity or isn't meeting the minimum requirements. Which of the following best describes the minimum requirements that need to be met, otherwise the client will be considered sedentary?

- A. 30 minutes or more of low-intensity exercise 2 days per week for at least 2 months
- B. 30 minutes or more of moderate-intensity exercise 3 days per week for at least 3 months
- C. 15 minutes or more of low-intensity exercise 3 days per week for at least 3 months
- D. 15 minutes or more of moderate-intensity exercise 3 days per week for at least 3 months

Answer: B

Explanation:

When performing an atherosclerotic cardiovascular disease risk factor assessment, there are multiple defining criteria that the exercise physiologist should review.

One of those factors is a sedentary lifestyle.

If the client isn't meeting the minimum requirements, they are considered sedentary. The minimum requirements are 30 minutes or more of moderate-intensity exercise 3 days per week for at least 3 months.

Question: 2

Which of the following is not an environmental barrier that clients might face?

- A. Weather
- B. Safety
- C. Lack of facilities
- D. No transportation

Answer: D

Explanation:

People tend to have less control over environmental barriers such as weather, lack of facilities, cost, and safety than they would over actual and perceived barriers.

For example, an actual barrier is not having a ride to the gym, whereas a perceived barrier is something that manifests within the client's perception, such as a lack of time.

The three most common barriers to exercise are lack of time, lack of motivation, and lack of energy. These barriers tend to change over time. The first step to solving these barriers is by identifying them within your clients and understanding their impact on behavior.

Question: 3

In general, which of the following one-repetition maximum intensities is best to increase muscular strength?

- A. 60% to 80% 1-RM for 8 to 12 reps
- B. 80% to 100% 1-RM for 1 to 6 reps
- C. 80% to 100% 1-RM for 8 to 12 reps
- D. 50% to 60% 1-RM for 15 to 20 reps

Answer: B

Explanation:

The use of Repetition Maximum (RM) loads is a relatively common method to prescribe resistance training intensity. RM loads of 80% to 100% for 1 to 6 repetitions are best for increasing muscular strength. It should be noted that muscular strength training tends to be a higher intensity type of training and usually requires longer rest breaks of 90 to 270 seconds.

As an example, if the one-repetition maximum (the maximum amount of weight someone can lift once with perfect form) on the leg press is 100 pounds, a training intensity of 80% to 100% would be between 80 and 100 pounds.

Question: 4

Outside of gravitational pull and intentional stretching, which of the following can effectively alter viscoelastic properties of skeletal muscle, increasing range of motion?

- A. Power-driven movements
- B. Heating pad
- C. Constant tension
- D. Isokinetic movement

Answer: B

Explanation:

A person's range of motion is determined by several factors, including the following:

- Muscle properties: The current flexibility status of your muscle tissue. This is able to be improved through flexibility training.
- Physical activity and exercise: The degree to which the client is engaging in physical activities that promote a full range of motion.
- Anatomical structures: The degree of flexibility in your joints and tissues.
- Age and gender: Older adults have less collagen, and this can impact flexibility. Females tend to be more flexible than males.

When it comes to muscle properties, skeletal muscles, when stretched, exhibit both viscous and elastic properties or visco-elastic properties. Outside of gravitational pull and intentional stretching, external

thermal modalities such as a heating pad can effectively alter viscoelastic properties of skeletal muscle, increasing range of motion.

Question: 5

What does F.I.T.T. stand for?

- A. Frequency/Intensity/Time/Type
- B. Female/Interval/Type/Treadmill
- C. Fitness/Initial/Test/Training
- D. Framework/Interval/Type/Track

Answer: A

Explanation:

The acronym FITT provides the framework to establish an exercise prescription in healthy individuals. FITT stands for the following:

- Frequency: Aerobic exercise is recommended to be performed on at least 3 days per week. This should consist of both moderate- and high-intensity exercises.
- Intensity: A combination of moderate-intensity exercise and vigorous-intensity exercise is recommended for most healthy individuals.
- Time: Most adults are recommended to accumulate 30 to 60 minutes per day of moderate-intensity exercise, 20 to 60 minutes per day of vigorous-intensity exercise, or a combination of both.
- Type: All types of physical activity are beneficial so long as they are of sufficient duration and intensity. Rhythmic, continuous exercise that involves major muscle groups is the most typical choice, but for advanced clients, consider other forms of exercise such as interval training or stop-and-go sports.

Question: 6

Which of the following exercises is not a closed kinetic chain exercise?

- A. Bench press
- B. Squat
- C. Lunge
- D. Push-ups

Answer: A

Explanation:

Exercises can be classified as closed kinetic chain or open kinetic chain. Closed kinetic chain exercises are those in which the distal joint segment is stationary, such as the following:

- Squat
- Lunge
- Wall slide
- Push-ups
- Pull-ups

Open kinetic chain exercises, on the other hand, are those where the terminal joint is free to move, such as the following:

- Leg extensions
- Bicep curl
- Leg curl
- Lat pulldown
- Chest fly

Question: 7

Which of the following is a pathological change in the tendon due to repeated stress or microtraumas?

- A. Strain
- B. Bursitis
- C. Tendinopathy
- D. Sprain

Answer: C

Explanation:

Tendinopathy is a pathological change in the tendon due to repeated stress or microtraumas. The most common examples of tendinopathy are tendinitis and tendinosis.

Tendinitis is a form of inflammatory tendinopathy, while tendinosis is a form of degeneration in the tendon.

Question: 8

Which of the following exercises is an example of a single-joint exercise?

- A. Biceps curl
- B. Hip thrust
- C. Deadlift
- D. Barbell back squat

Answer: A

Explanation:

As the name implies, a single-joint exercise targets a specific muscle group. They also require less skill and technique to perform compared to a multi-joint exercise. The biceps curl is an example of a single-joint exercise, whereas the other exercises are all multi-joint exercises. The latter activates two or more muscular groups at the same time, and they are considered more effective for increasing muscular strength, growth, performance, etc.

Question: 9

For the Ebbeling Single-Stage Submaximal Treadmill Walking Test, what is the recommended grade that should be used during the assessment?

- A. 3% grade
- B. 4% grade
- C. 5% grade
- D. 6% grade

Answer: C

Explanation:

Cardiorespiratory Fitness (CRF) can be assessed through a variety of step tests, field tests, and submaximal VO₂ prediction tests. The advantage of having a wide variety of available tests is that it allows you as the trainer to select an appropriate assessment that provides the desired physiological information while adhering to the needs of the client.

The Ebbeling Single-Stage Submaximal Treadmill Walking Test is an assessment to help the exercise physiologist determine VO₂ max.

The exercise physiologist should set the grade to 5% during the assessment.

Here is the protocol:

1. Warm up for 4 minutes at a 0% grade and a walking speed between 2.0 and 4.5 mph that elicits a heart rate between 50% to 70% of age-predicted heart rate max adjusting speed after first minute as needed.
2. Following the warm-up, elevate the treadmill to a 5% grade and continue walking for an additional 4 minutes at a speed of 2.0, 3.0, 4.0, or 4.5 mph. Record the steady-state HR (SS HR) from the average of the final 30 seconds of the last two minutes at the 5% grade. If HR differs for more than 5 beats per minute, extend the test by an additional minute and record the SS HR from the new final 2 minutes.
3. Enter the SS HR into this equation: $VO_2 \text{ max (mL} \times \text{kg}^{-1} \times \text{min}^{-1}) = 15.1 + (21.8 \times \text{speed in mph}) - (0.327 \times \text{SS HR in bpm}) - (0.263 \times \text{speed in mph} \times \text{age in years}) + (0.00504 \times \text{SS HR in bpm} \times \text{age in years}) + (5.98 \times \text{gender: female} = 0, \text{male} = 1)$.

Question: 10

Which of the following is not an example of emotion-focused coping?

- A. Exercise
- B. Meditating
- C. Listening to music
- D. Actively seeking out information

Answer: D

Explanation:

Coping is what people do to alleviate, eliminate, or manage stress. In general, to neutralize or reduce stress, a person will attempt to change the demands, their perception of it, and/or the meaning of the stressor. There are two forms of coping:

- Problem-focused coping: The individual attempts to modify the stressor by either reducing the demands or expanding their resources to deal with it.
- Emotion-focused coping: The individual attempts to control or manage the emotional response to a stressful event, particularly one that is difficult to change.

Examples of emotion-focused coping include the following:

- Walking
- Exercising
- Listening to music
- Meditating

Question: 11

In regard to healthy stress management and enhancing social support, which of the following is a way to provide appraisal support?

- A. Offering encouragement
- B. Actively listening to others
- C. Providing services at no additional cost during traumatic stress
- D. Helping a client brainstorm possible solutions to a problem

Answer: D

Explanation:

One of the components of healthy stress management is enhancing social support. The following four categories are related to social support:

- Emotional support: Includes empathy, love, trust, and caring
- Instrumental support: Includes tangible aid and services that directly meet a need
- Informational support: Includes advice and information concerning the problem
- Appraisal support: Includes information that is useful for self-evaluation purposes such as constructive feedback and affirmation

Helping a client brainstorm possible solutions to a problem and providing feedback for problem-solving are forms of appraisal support.

While the exercise physiologist should be able and ready to offer all of these forms of social support, it is best to match the solution to the specific needs of the client. Don't offer a form of social support without just cause.

Question: 12

If a muscle is deep and has a low force production, it can be categorized as which of the following?

- A. Stabilizers
- B. Mobilizers
- C. Isokinetic
- D. Compound

Answer: A

Explanation:

Some experts have classified muscles as two distinct yet interdependent systems: a muscle is either a stabilizer or a mobilizer.

Stabilizing muscles are more centrally located and largely function to create stiffness across joints.

Mobilizers, on the other hand, are considered global muscles, as they comprise long lever arms and allow for greater force production, torque, and gross multiplanar movements.

Characteristics of stabilizers include the following:

- Slow-twitch
- Resistance to fatigue
- Deep
- Major contributor to proprioception
- Low force production
- Prone to inhibition/weakness
- Isometric/eccentric
- Joint stabilization

Question: 13

What is the best way to improve cardiorespiratory fitness?

- A. Exercise with a focus on power-based training
- B. Take one week off for every 3 weeks of exercise
- C. Exercise at a level greater than accustomed to induce adaptation
- D. Focus on cardiovascular endurance exercise

Answer: C

Explanation:

Progressive overload should be at the foundation of all exercise programs because studies show that the best way to improve cardiorespiratory fitness is to exercise at a level greater than accustomed to induce adaptation.

As a trainer, you can implement the principle of progressive overload by manipulating the frequency, intensity, or time of the exercise program.

Question: 14

Which of the following assessments would be ideal for testing muscular endurance?

- A. Rockport Walking test
- B. Squat jump test
- C. Push-up test
- D. 1-RM barbell back squat

Answer: C

Explanation:

Muscular endurance is the ability to perform repeated contractions over a period of time, and it is typically assessed with field measures, most commonly the push-up test.

The push-up test can be used independently or in combination with other muscular endurance tests to assess strengths and weaknesses.

The squat jump test and 1-RM barbell back squat are types of tests for muscular strength. The Rockport Walking test is a general cardiovascular fitness assessment.

Question: 15

As an exercise physiologist, you'll be expected to perform a thorough fitness assessment to determine which type of exercises are ideal for your client. In general, there are four modes of aerobic exercise to improve physical fitness.

If you choose swimming as a moderate-to-high-intensity physical activity that requires skill to perform for your client, which of the following is not a potential benefit?

- A. Warm air may benefit asthmatics.
- B. Low impact—great for joints
- C. Potential for high caloric expenditure
- D. Environment

Answer: D

Explanation:

As an exercise physiologist, you'll be expected to perform a thorough fitness assessment to determine which type of exercises are ideal for your client. In general, there are four modes of aerobic exercise to improve physical fitness:

1. Low-to-moderate-intensity endurance activities requiring no/minimal skill
2. Vigorous-intensity endurance activities requiring minimal skill
3. Endurance activities requiring skill to perform
4. Recreational sports

Swimming is a moderate-to-high-intensity physical activity that requires skill to perform and offers the following benefits:

- Low impact—great for joints
- Warm air may benefit asthmatics.
- Potential for high caloric expenditure

A pool's chlorinated environment may aggravate respiratory conditions.

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