

ACSM Study Guide| 574 QUESTIONS| 45 PAGES| WITH COMPLETE SOLUTIONS

What is the PAR-Q? correct answer: physical activity readiness quest; 7 questions, don't change, if marks yes to one then client must have physician's consent before starting exercise program; appropriate when one wants to engage exclusively in light-to-moderate intensity exercise activities

What is the HSQ? correct answer: 10+ questions, usually goes hand in hand w/ PAR-Q, allows fitness professionals to identify medical contraindications, pertinent responses should be documented

the recommendations of the PAR-Q and HSQ are provided by what agencies? correct answer: ACSM, AHA

signs or symptoms of pain; discomfort in chest, neck, jaw, arms or other areas that may result from ischemia correct answer: cardiac disease (CAD)

shortness of breath at rest or mild exertion correct answer: dyspnea

dizziness or syncope correct answer: cardiac disorder, severe CAD, hypertrophic cardiomyopathy, aortic stenosis, malignant ventricular dysrhythmias

orthopnea or paroxysmal nocturnal dyspnea correct answer: left ventricular dysfunction

ankle edema correct answer: heart failure, bilateral chronic venous insufficiency

palpitations or tachycardia correct answer: cardiac rhythm disorders (tachycardia, bradycardia, ectopic beats, compensatory pauses, accentuated SV from valvular regurgitation)

intermittent claudication correct answer: CAD

known heart murmur correct answer: valvular or other cardiovascular disease

unusual fatigue or shortness of breath with usual activities correct answer: cardiovascular, pulmonary or metabolic disease

health screening tools correct answer: PAR-Q, CVD risk factor assessment and classification, medical evaluation

bench press correct answer: prime movers: pec major, anterior deltoid, coracobrachialis, triceps antagonists: posterior deltoid, bicep, lats/rhombooids

incline or decline press correct answer: pec major/serratus, anterior deltoid, medial deltoid, coracobrachialis, decline press: lats, teres major, sternal part of pecs

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ACSM's Resources for the Personal Trainer American College of Sports Medicine,2013-03-22 ACSM's Resources for the Personal Trainer provides a broad introduction to the field of personal training covering both basic science topics and practical application It was originally designed to help people prepare for the ACSM Personal Training Certification Exam It continues to serve that function but the market for it has expanded to practitioners in the field looking for an additional resource as well as in an academic setting where the book is a core text for personal training programs

ACSM Certified Clinical Exercise Specialist Study Guide - Secrets to Outsmart the Exam Trivium Test Prep ACSM Research and Writing Team,2013-05-04

ACSM's Certification Review ACSM,2013-02-01 ACSM's Certification Review is the ultimate resource to help you pass the exam to become a Certified Personal Trainer CPT Certified Health Fitness Specialist HFS or Certified Clinical Exercise Specialist CES Highlights include Case studies that reinforce concepts organized by KSA domains Practice Exams that contain questions for each certification level Job Task Analysis tables that provide breakdowns of all the KSAs by certification level and domain

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ACSM's Certification Review Pete

Magyari,American College of Sports Medicine (ACSM),2021-08-12 Reflecting the authoritative expertise of the American College of Sports Medicine ACSM's Certification Review 6th Edition prepares users to successfully pass certification exams and become an ACSM Certified Personal Trainer ACSM CPT ACSM Certified Exercise Physiologist ACSM EP or ACSM Certified Clinical Exercise Physiologist ACSM CEP This easy to use review combines career specific information with assessment tools and application based exercises to boost test taking confidence and help users ensure a seamless transition to practice Content in this 6th Edition has been updated to align with the latest edition of ACSM's Guidelines for Exercise Testing and Prescription and reorganized to strengthen connections between the material users will encounter on their exams and how they will apply that knowledge in practice *Acsm Certified Personal Trainer Exam Prep* CPT Exam Prep Team,2016-02-29 A concise study guide that highlights the knowledge and skills required to pass the ACSM CPT Exam to become a certified personal trainer The content in this study guide references the latest ACSM's Resources for the Personal Trainer 5th Edition presented in an easy to read format that helps to comprehend retain the information This study guide is organized in the following four performance domains Domain I Initial Client Consultation and Assessment 25% Domain II Exercise Programming and Implementation 45% Domain III Exercise Leadership and Client Education 20% Domain IV Legal and Professional Responsibilities 10% Includes quick reference pages for required Formulas Conversions and Acronyms Includes 50 practice questions to enhance knowledge and to have an idea of what the actual test will look like Includes detailed practice question answers with explanations on how the answers are obtained Includes resources and helpful links that share additional information to help you be fully prepared on test day Includes a link to save 30 OFF the ACSM CPT Exam Includes term definitions and detailed descriptions of the heart muscles nutrition training modalities and more

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