

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 results 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/rhomboids

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

Acsm Paphs Study Guide

ACSM Exam Secrets Test Prep Staff

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the ACSM Exam Secrets Test Prep Staff text.

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Table of Contents Acsm Paphs Study Guide

1. Understanding the eBook Acsm Paphs Study Guide
 - The Rise of Digital Reading Acsm Paphs Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Acsm Paphs Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Acsm Paphs Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Acsm Paphs Study Guide
 - Personalized Recommendations
 - Acsm Paphs Study Guide User Reviews and Ratings
 - Acsm Paphs Study Guide and Bestseller Lists

5. Accessing Acsm Paphs Study Guide Free and Paid eBooks
 - Acsm Paphs Study Guide Public Domain eBooks
 - Acsm Paphs Study Guide eBook Subscription Services
 - Acsm Paphs Study Guide Budget-Friendly Options
6. Navigating Acsm Paphs Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Acsm Paphs Study Guide Compatibility with Devices
 - Acsm Paphs Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Acsm Paphs Study Guide
 - Highlighting and Note-Taking Acsm Paphs Study Guide
 - Interactive Elements Acsm Paphs Study Guide
8. Staying Engaged with Acsm Paphs Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Acsm Paphs Study Guide
9. Balancing eBooks and Physical Books Acsm Paphs Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Acsm Paphs Study Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Acsm Paphs Study Guide
 - Setting Reading Goals Acsm Paphs Study Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Acsm Paphs Study Guide
 - Fact-Checking eBook Content of Acsm Paphs Study Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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