

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

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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. *Pocket Study Guide: ACSM Exercise Specialist* Chan Lee, 2016-03-07 Study for the test and pass the ACSM Certified Exercise Specialist exam with ease. This handy pocket sized book contains many of the type of questions you are likely to receive when studying for the ACSM Exercise Specialist test. Carry it with you and study any time. **ACSM Clinical Exercise Specialist Study Guide** Trivium Test Prep, Trivium Test Prep Staff, 2013-06-19 When it comes to the ACSM CPT Certified Personal Trainer you want to be prepared and you will be with our book designed to making studying fun and easy. You don't want to waste time and money taking your ACSM CPT Certified Personal Trainer exam twice or more. You want to accelerate your education not miss opportunities for starting your future career. Every year thousands of people think that they are ready for the ACSM CPT Certified Personal Trainer but realize too late when they get their score back that they were not ready at all. They weren't incapable and they certainly did their best but they simply weren't studying the right way. There are a variety of methods to prepare for the ACSM CPT Certified Personal Trainer and they get a variety of results. Trivium Test Prep's *Secrets to Outsmart the ACSM CPT Certified Personal Trainer Study Guide* provides the information, secrets, and confidence needed to get you the score you need the first time around. Losing points on the ACSM CPT Certified Personal Trainer can cost you precious time, money, and effort that you shouldn't have to spend. What is in the book? In our ACSM CPT Certified Personal Trainer study guide you get the most comprehensive review of all tested concepts. The subjects are easy to understand and have fully explained example questions to ensure that you master the material. Best of all, we show you how this information will be applied on the real exam. ACSM CPT Certified Personal Trainer practice questions are included so that you can know without a doubt that you are prepared. Our study guide is streamlined and concept driven, not filled with excess junk, silly attempts at humor, or confusing filler so you get better results through more effective study time. Why spend days or even weeks reading through meaningless junk trying to sort out the helpful

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