ACSM 020-222 ACEP Practice Questions

Shared by Fleming on 05-11-2026

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Question 1

Question Type: MultipleChoice

Prevention strategies of staff and clients must include

Options:

A- Following the rules.
B- Keeping the facility clean.
C- Hiring good front-desk staff.
D- Developing clever, unique programs.

Answer:

A

Question 2

Question Type: MultipleChoice

How should a fitness instructor advise a client with regard to progression of the exercise program?

Options:

A- The progression should be gradual and slow.
B- The progression should be at specific increments based on a calendar schedule (e.g. add 10% every 2 weeks).
C- Be aggressive in increasing the program to increase fitness
D- Progress the program only when the client feels ready.

Answer:

A

Question 3

Question Type: MultipleChoice

Which option best is NOT considered to be a benefit of follow- up in an emergency situation?

Options:

A- It provides information regarding the patient's current status, which may help to determine the cause of the emergency.
B- It provides statistics that will help to justify the emergency response program.
C- It allows the staff to finalize the incident report.
D- It provides information to determine the consequences of the staff's actions.

Answer:

B

Question 4

Question Type: MultipleChoice

A patient who exhibits tachycardia, diaphoresis, light-headedness, and visual disturbances may be experiencing

Options:

A- Hypoglycemia.
B- Congestive heart failure.
C- Hyperglycemia.
D- Hypotension.

Answer:

A

Question 5

Question Type: MultipleChoice

Which option best statements about emergency equipment is MOST important?

Options:

A- Each piece of equipment should be painted a specific color for easy identification.
B- Use of emergency equipment should be practiced routinely.
C- Emergency equipment should include pencils, not pens.
D- Emergency equipment should be kept clean at all times.

Answer:

B

Question 6

Question Type: MultipleChoice

Emergency procedures and safety include which of the following?

Options:

A- Injury prevention.
B- Basic principles for exercise training.
C- Metabolic injuries.
D- Emergency consequences.

Answer:

A

Question 7

Question Type: MultipleChoice

Weight room safety should include

Options:

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 8

Question Type: MultipleChoice

Adults age physiologically at individual rates. Therefore, adults of any specified age will vary widely in their physiologic responses to exercise testing. Special consideration should be given to older adults when giving a fitness test, because

Options:

A- Age is often accompanied by de conditioning and disease.
B- Age predisposes older adults to clinical depression and neurologic diseases.
C- Older adults cannot be physically stressed beyond 75% of age-adjusted maximum.
D- Older adults are not as motivated to exercise as those who are younger.

Answer:

A

Question 9

Question Type: MultipleChoice

A client's health screening should be administered before

Options:

A- Any contact with the client.
B- Any physical activity by the client at your facility.
C- Fitness assessment or programming.
D- The initial 'walk-through' showing of a facility.

Answer:

B

Question 10

Question Type: MultipleChoice

What is the most appropriate action in assisting a person suffering from a seizure?

Options:

A- Hold the person down so that he or she does not hurt himself or herself.
B- Do not touch the person, but be sure that he or she is in a safe area.
C- Place a wedge in the person's mouth so that he or she does not swallow the tongue.
D- Ignore the person, and allow the seizure to pass.

Answer:

B

Question 11

Question Type: MultipleChoice

Which of the following criteria would NOT classify a client as having "increased risk"?

Options:

A- Signs and/or symptoms of cardiopulmonary disease.
B- Signs and/or symptoms of metabolic disease.
C- Two or more major risk factors for CAD .
D- Male older than 40 years with a history of clinical depression.

Answer:

D

Question 12

Question Type: MultipleChoice

Which of the following actions involving termination of exercise testing is correct?

Options:

A- Immediately terminate the test if muscular fatigue occurs.
B- Initiate the test termination process when cardiac complications occur.
C- Initiate the test termination process when intermittent premature ventricular contractions are detected on ECG.
D- Immediately terminate the test when intermittent premature ventricular contractions are detected on ECG.

Answer:

C

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