ACSM CEP 030-444 Practice Questions

Shared by Rich on 05-11-2026

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Question 1

Question Type: MultipleChoice

A fitness newsletter, fitness library, and bulletin boards

Options:

A- Are part of staff news.
B- Are part of client and staff education.
C- Are part of the facility marketing.
D- Require considerable money and must be budgeted carefully.

Answer:

B

Question 2

Question Type: MultipleChoice

Which option best is NOT a major food fuel during exercise?

Options:

A- Glucose.
B- Fatty acids.
C- Protein.
D- Glycogen.

Answer:

C

Question 3

Question Type: MultipleChoice

The rules and regulations of a facility are commonly referred to as

Options:

A- The law.
B- The client rights statement.
C- Policies and procedures.
D- A check and balance for management and clients.

Answer:

C

Question 4

Question Type: MultipleChoice

Which of the following is considered to be a "balland-socket" joint?

Options:

A- Ankle.
B- Elbow.
C- Knee.
D- Hip.

Answer:

D

Question 5

Question Type: MultipleChoice

When a motor unit is stimulated by a single nerve impulse, it responds by contracting one time and then relaxing. This is called a

Options:

A- Twitch.
B- Summation.

C- Tetanus.
D- Summary.

Answer:

A

Question 6

Question Type: MultipleChoice

The emergency response system (EMS) is:

Options:

A- The combination of the ambulance and the emergency room.
B- Critical for the staff to be able to respond adequately to an emergency.
C- The protocol used to practice safety plans.
D- Required by most health departments.

Answer:

B

Question 7

Question Type: MultipleChoice

When compared with leg exercise, arm exercise results in a relatively

Options:

A- Increased HR at all intensities.
B- Lower SBP at all intensities.
C- Increased venous return at all intensities.
D- Increased Vo2max.

Answer:

A

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