



DUMPSHQ

Free Questions for 020-222 by dumpshq

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Question 1

Question Type: MultipleChoice

What are some of the risks for musculoskeletal injury?

Options:

- A- Poor Signage in the facility.
- B- Extrinsic factors -- intensity, terrain, equipment.
- C- Intrinsic factors-frequency, attitude, ender.
- D- Membership type

Answer:

B

Question 2

Question Type: MultipleChoice

What is the fitness instructor's primary responsibility in conducting an exercise test?

Options:

- A- Maintaining a safe environment by not putting the client in danger.
- B- Making sure that the data collected are accurate.
- C- Completing the test.
- D- Encouragement and support.

Answer:

A

Question 3

Question Type: MultipleChoice

Which of the following is NOT a principle of low back care?

Options:

- A- Abdominal curl-ups/
- B- Unloaded flexion/extension of the spine.
- C- Neutral spine during all exercises.
- D- Controlled leg press or squat with light weights.

Answer:

D

Question 4

Question Type: MultipleChoice

Emergency procedures should be

Options:

- A- Given to all clients when they join.

- B-** Put away in a safe place.
- C-** Posted under each phone.
- D-** Posted above each fire extinguisher.

Answer:

C

Question 5

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 6

Question Type: MultipleChoice

How can exercise equipment add to the risk of participation?

Options:

A- Because it is expensive.

B- Because it is hard to move.

C- Because it is used incorrectly.

D- Because of the time one waits to use it.

Answer:

C

Question 7

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 8

Question Type: MultipleChoice

One of the first actions that a fitness instructor should consider in preventing injury is to

Options:

- A- Teach the client how to warm-up and cool-down.
- B- Instruct the client on safety procedures when using the facility.
- C- Conduct a preparticipation screening.
- D- Instruct the client on how to use the exercise equipment safely.

Answer:

C

Question 9

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

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