

ACSM-EP practice exam (from study book)| with complete solution | GRADED A+

Underweight is classified as a body mass index (BMI) of _____ ?

- A. $<19.9 \text{ kg}\cdot\text{m}^2$
- B. $<18.5 \text{ kg}\cdot\text{m}^2$
- C. $<24.9 \text{ kg}\cdot\text{m}^2$
- D. $<20.5 \text{ kg}\cdot\text{m}^2$ - B

When measuring regional body circumferences, an average of duplicate measures is used provided that those measurements do not differ by more than _____.

- A. 3 mm
- B. 10 mm
- C. 5 mm
- D. 12 mm - C

Which of the following represents the demarcation point of a very high health risk for young women when using waist-to-hip ratio (WHR) ?

- A. >0.86
- B. >0.95
- C. >1.00
- D. >1.03 - A

Which of the following is accepted as the criterion measure of cardiorespiratory fitness?

- A. Field test performance
- B. Maximal volume of oxygen consumed per unit time ($\text{VO}_{2\text{max}}$)
- C. Body fat percentage
- D. Maximal heart rate (HR_{max}) - B

When estimating $\text{VO}_{2\text{max}}$ using the YMCA cycle ergometer protocol, which of the following best describes the relationship between heart rate (HR) > 110 bpm and 85% age-predicted HR_{max} or 70% heart rate reserve (HRR)?

- A. Logarithmic
- B. Inverse
- C. Curvilinear
- D. Linear - D

Which of the following variables is unique to the Rockport One-Mile Fitness Walking Test's regression equation to estimate $\text{VO}_{2\text{max}}$?

- A. Age
- B. HR
- C. Gender
- D. Body mass - C

What is the suggested work rate for a deconditioned, female individual performing the Astrand-Rhyming cycle ergometer protocol?

- A. 150 or 300 $\text{kg}\cdot\text{m}\cdot\text{min}^{-1}$ (25 or 50 W)
- B. 300 or 450 $\text{kg}\cdot\text{m}\cdot\text{min}^{-1}$ (50 or 75 W)

Acsm Hfs Study Guide

Jessica J Manson



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