

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 $\text{VO}_{2\text{max}}$?

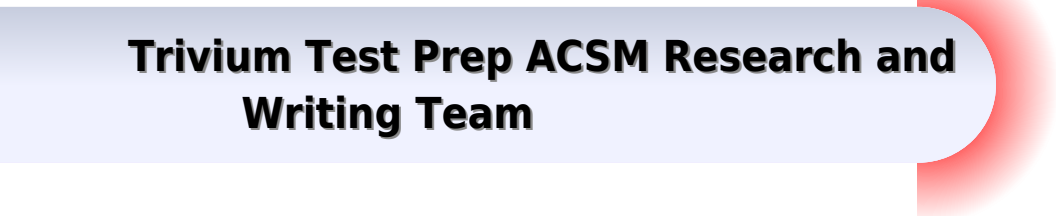
- A. Age
- B. HR
- C. Gender
- D. Body mass - C

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

**Trivium Test Prep ACSM Research and
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exercise testing and prescription Exercise Testing and Prescription Lab Manual Second Edition is organized into three sections covering pretest responsibilities exercise testing techniques and exercise prescription Readers will learn safety procedures and requirements for exercise testing equipment follow step by step instructions for calibration of laboratory instruments and learn guidelines for medical history evaluation risk factor evaluation and stratification and informed consent Next the application of techniques used in assessing the components of health related fitness is presented Within the exercise prescription section readers learn about the calculation of metabolic work the three phases of exercise prescription assessment of participants goals and gaining participants commitment to the exercise prescription A final comprehensive lab challenges readers to apply techniques and principles in developing various case studies Each lab features the same easy to follow format outlining the purpose of the lab materials required background information procedures discussion questions and references Detailed appendixes contain a summary of the effects of common pharmacological agents on cardiorespiratory responses at rest common metric conversions used in exercise testing and prescription calculations a list of metabolic and anthropometric formulas and answers to lab questions The appendixes also contain all forms and worksheets required for collecting data and completing the lab assignments The second edition of the Exercise Testing and Prescription Lab Manual provides focused step by step preparation for those studying for the ACSM CHFS certification With its reorganized format up to date information and forms and worksheets this text is also a valuable best practices reference for health and fitness specialists certified by the ACSM and other organizations

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