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Fitness

ACSM-RCEP

American College of Sports Medicine Registered Clinical Exercise Physiologist Exam

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Question: 1

Which are the two most commonly used arteries for checking heart rate by exercise professionals?

A. Femoral and carotid
B. Carotid and radial
C. Radial and femoral
D. Femoral and popliteal

Answer: B

Explanation:
Peripheral pulses are used to check resting heart rate by exercise professionals. The two most commonly used arteries are the carotid artery which is located on the side of the neck and the radial artery which is located on the lateral side of the wrist nearest the thumb. Other arteries that are less commonly used include the brachial (upper arm), popliteal (behind the knee), femoral (upper thigh), posterior tibial (behind calf) and dorsalis pedis (ankle). When a pulse point is ascertained, the index and third finger should be pressed gently over the site. The number of beats or pulsations should be counted in a certain period such as 30 seconds. The number of beats in 30 seconds should then be multiplied by two to determine the number of beats in one minute. Accuracy increases when the palpation time increases, therefore measuring the pulsations in 30 seconds are more accurate than measuring in 10 seconds.

Question: 2

If a submaximal exercise protocol is selected, what is the peak maximal heart rate that is allowed during testing?

A. 50 percent of predicated maximal heart rate
B. 60 percent of predicted maximal heart rate
C. 140 beats per minute
D. 120 beats per minute

Answer: D

Explanation:
Exercise protocols are selected based on a patients past medical history, results of physical examination and the screening that was done prior to testing to identify risk factors already present. The exercise professional will select the most appropriate piece of equipment to use with the patient such as the treadmill or cycle ergometer. When selecting an exercise protocol for exercise testing, the next step selecting either submaximal or symptom limited types. Submaximal protocols have endpoints that are defined prior to starting. The most commonly used endpoints are 120 beats per minute or 70 percent of

the predicted maximal heartrate. If a symptom limited protocol is chosen the patient will continue with testing until the patient experiences some sort of symptom or sign that indicates testing should stop.

Question: 3

Which of the following is NOT an instruction given to a patient during pretest instructions?

A. No food, alcohol, or caffeine should be consumed for 12 hours prior to exercise testing.
B. Wear clothes that are not tight to allow for free movement during the exercise test.
C. Ensure adequate hydration in the 24 hours prior to testing.
D. Get a good night's rest of at least 6-8 hours on the night before the testing.

Answer: A

Explanation:
There are certain instructions that should be given well in advance to patients before exercise testing occurs. The patient needs to get a good night's sleep of at least 6-8 hours to make sure he or she is well rested. The patient should make sure to drink enough fluids to maintain adequate hydration in the 24 hours before the test. Food, caffeine, and alcohol should not be consumed for 3 hours prior to testing. The patient should wear comfortable clothes that fit loosely in order to make exercise testing easier. The exercise professional should make sure the room temperature is between 68 and 72 degrees. The patient should be made to feel comfortable and at ease and the procedure should not be hurried along. The patient should also receive clear and concise explanations about what will be done and the purpose for it.

Question: 4

What would NOT be considered a risk factor on a Health Risk Analysis when completing a health appraisal for graded exercise testing?

A. 46-year-old man hypertension
B. 52-year-old female with HDL cholesterol of 64 mg/dL
C. 60-year-old healthy male with a family history of heart disease
D. 35-year-old female who has unexplained fatigue

Answer: B

Explanation:
A health appraisal is a necessary step during the exercise testing procedures. It helps to identify those individuals who have certain risk factors that may need medical intervention prior to completing exercise testing. Risk factors include men age (men older than age 45 and women older than 55), symptoms of cardiac disease or previously established diagnosis of cardiac, cerebrovascular or peripheral vascular disease, certain metabolic diseases such as diabetes, and certain pulmonary disorders. Other risk factors may include a combination of hypertension, lipid levels, blood glucose levels, smoking current fitness level, and body mass index.

Question: 5

What is the most appropriate order for testing during a fitness assessment?

A. Resting measurements of heart rate and blood pressure, flexibility, cardiorespiratory fitness, muscular fitness, then body composition
B. Body composition, resting measurements of heart rate and blood pressure, cardiorespiratory fitness, muscular fitness, then flexibility
C. Body composition, resting measurements of heart rate and blood pressure, muscular fitness, cardiorespiratory fitness, then flexibility
D. Resting measurements of heart rate and blood pressure, body composition, cardiorespiratory fitness, muscular fitness, then flexibility

Answer: D

Explanation:
If a person needs to complete the entire fitness testing in one session, there is a particular order that is recommended. The first test that should be done is any resting measurements that need to be take including heart rate and blood pressure.
Next would be assessment of body composition. It is important that this be completed prior to any exercise portion because hydration status can affect certain types of body composition analysis. Next would be the cardiorespiratory fitness assessment. It is important to complete this testing before muscular fitness or flexibility because both of those can impact heart rate and not provide an accurate result. Next should come muscular fitness testing. It is important to allow appropriate rest time after cardiorespiratory fitness testing before tests are given for muscles. Lastly, flexibility assessment should be completed. At this time, the person's body has had time to warm up and stretch.

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