

ACSM-EP Practice Test Questions and Answers

1. What is the primary role of an ACSM Certified Exercise Physiologist (ACSM-EP)?

- A) Prescribe medications for heart conditions
- B) Conduct comprehensive health/fitness assessments and design exercise programs
- C) Perform surgical procedures
- D) Diagnose cardiovascular diseases

2. According to ACSM guidelines, what is the recommended frequency for moderate-intensity aerobic exercise for healthy adults?

- A) 2 days per week
- B) 3 days per week
- C) 5 days per week
- D) 7 days per week

3. What is the target heart rate range for moderate-intensity exercise based on age-predicted maximum heart rate?

- A) 40-50% of HRmax
- B) 64-76% of HRmax
- C) 77-95% of HRmax
- D) 96-100% of HRmax

4. Which component is essential in exercise program design for clinical populations?

- A) High-intensity training only
- B) Comprehensive medical clearance and risk stratification
- C) Competitive sports activities
- D) Weightlifting exclusively

Answers: 1-B 2-C 3-B 4-B

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