

# ACSM Practice Test Questions and Answers

## 1. What does ACSM stand for?

- A) American College of Sports Medicine
- B) American Council of Sports Management
- C) Association of Clinical Sports Medicine
- D) American Center for Sports Medicine

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

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

## 3. What is the target heart rate zone for moderate-intensity exercise as a percentage of maximum heart rate?

- A) 40-59%
- B) 64-76%
- C) 77-95%
- D) 50-70%

## 4. Which assessment is commonly used to evaluate cardiovascular fitness?

- A) Body Mass Index (BMI)
- B) VO<sub>2</sub> max test
- C) Flexibility test
- D) Grip strength test

Answers: 1-A 2-B 3-D 4-B

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