

ACSM-EP Practice Test Questions and Answers

1. What role do bones play in the human body?

- A) Bones store energy for the muscles
- B) Bones protect internal organs and enable movement
- C) Bones produce oxygen for the body
- D) Bones regulate the temperature of the body

2. Why is exercise prescription individualized?

- A) To follow a standardized program for all individuals
- B) To ensure safety and optimize benefits based on individual needs
- C) To increase the duration of exercise sessions for everyone
- D) To reduce the overall cost of exercise programs

3. What is the role of ATP in muscle contraction?

- A) It stores energy in muscle fibers only
- B) It provides energy for muscle contraction and other cellular processes
- C) It reduces the production of energy during exercise
- D) It removes waste products from muscles

4. How can social support influence exercise behavior?

- A) It only works if clients exercise in isolation
- B) It enhances motivation and accountability, supporting long-term adherence to exercise
- C) It makes clients less motivated to exercise
- D) It discourages clients from seeking external advice

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

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