

ACSM Practice Test Questions and Answers

1. .. Decrease BP .. Increase HR

- A) Acronym Wise
- B) Diuretics
- C) Claudication
- D) Osteoarthritis

2. What muscle does the dorsiflexion of the foot?

- A) Soleus
- B) Tibialis anterior
- C) Plantaris
- D) Gastrocnemius

3. What role does documentation play in ACSM compliance?

- A) It is optional
- B) It provides evidence of adherence to standards
- C) It is only needed for audits
- D) It replaces practical competency

4. In ACSM practice, reliability in assessment refers to:

- A) The cost of the assessment tool
- B) The consistency and reproducibility of results
- C) The speed of administration
- D) The popularity of the instrument

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

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