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1. Which of the following factors would classify an athlete as requiring special monitoring during high-intensity training?

- A. No significant drop in blood pressure during exercise
- B. Normal heart rate variability
- C. Maximal functional capacity of at least 6.0 METs
- D. Significant silent ischemia

2. During the Rockport One-Mile Walk Test, what is the recommended course setting for the walk?

- A. 5% uphill
- B. 3% downhill
- C. 5% downhill
- D. Level course

3. When conducting the Harvard Step Test, what should the metronome be set to for male clients?

- A. 96
- B. 88
- C. 104
- D. 80

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4. What is the duration of the walking portion in the Rockport One-Mile Walk Test for estimating cardiorespiratory fitness in adults?

- A. 1 mile
- B. 2 miles
- C. 3 miles
- D. 4 miles



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5. Which muscle group is primarily involved in stabilizing the pelvis during lateral movements?

- A. Gluteus medius
- B. Tensor fasciae latae
- C. Psoas major
- D. Rectus femoris

6. If a client has hypertension, they are at an increased risk for a cardiac event. Which of the following best defines hypertension?

- A. Systolic blood pressure ≥ 130 mm Hg or diastolic blood pressure ≥ 80 mm Hg
- B. Systolic blood pressure ≥ 150 mm Hg or diastolic blood pressure ≥ 95 mm Hg
- C. Systolic blood pressure ≥ 120 mm Hg or diastolic blood pressure ≥ 70 mm Hg
- D. Systolic blood pressure ≥ 140 mm Hg or diastolic blood pressure ≥ 90 mm Hg

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7. Which phase of muscle recovery following intense exercise is marked by soreness, swelling, heat, and increased cellular activity?

- A. Recovery
- B. Remodeling
- C. Inflammation
- D. Repair

8. Which corrective exercise would be most appropriate for a client with mobility limitations in their hip flexors?

- A. Bird dog
- B. Lateral band walks
- C. Side plank
- D. Hip flexor stretch

9. Which of the following verbal cues would you provide to a client experiencing anterior pelvic tilt?

- A. "Straighten your legs and point your toes outward."
- B. "Rotate your arms inward and tuck your chin."
- C. "Engage your core and draw your hips up towards your ribs."
- D. "Squeeze your shoulder blades together and lift your chest."



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10. Which of the following instruments would be the most useful during a body composition assessment?

- A. Stethoscope
- B. Skinfold caliper
- C. Heart rate monitor
- D. Pedometer

11. Which of the following questionnaires is used to guide physical activity recommendations for individuals with chronic medical conditions?

- A. ePARmed-X
- B. 2021 PAR-Q+
- C. Health History Questionnaire
- D. Physical Activity Readiness Medical Exam

12. As an exercise physiologist, part of your role involves conducting a comprehensive fitness assessment to recommend suitable exercises for your client. Understanding different types of strength training exercises is crucial. If your client prefers a strength activity requiring no equipment and results in minimal joint strain, which of the following should you not choose?

- A. Push-ups
- B. Squats
- C. Lunges
- D. Weightlifting

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13. As an exercise physiologist, you'll be expected to perform thorough fitness assessments to determine which exercises are ideal for your clients. In general, there are four modes of strength training exercises to improve physical fitness. If you choose weightlifting as a moderate-to-high-intensity physical activity that requires skill to perform for your client, which of the following is not a potential benefit?

- A. Risk of injury
- B. Increases muscle mass and strength
- C. Enhances bone density
- D. Improves metabolic rate

14. When should an exercise physiologist apply the Socratic questioning technique during client counseling?

- A. Only when the client expresses doubt about their progress
- B. Whenever the physiologist feels it's necessary to speed up progress
- C. At various stages of behavior change to help clients explore their own thoughts and motivations
- D. Only at the initial assessment

15. Promising to treat oneself to a massage after consistently attending exercise classes for a month is an example of which process of behavior change?

- A. Reinforcement management
- B. Self-liberation
- C. Helping relationships
- D. Social liberation

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16. What is the first step in facilitating behavior change using the ABC Method?

- A. Commence the intervention plan
- B. Assess the antecedent of the behavior
- C. Brainstorm possible solutions
- D. Consider potential outcomes

17. When your client's coworker offers to join them for morning runs and share healthy recipes, this demonstrates which type of social support?

- A. Instrumental
- B. Companionship
- C. Informational
- D. Emotional



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18. According to social cognitive theory, which of the following is an example of how a client's social network influences the client's exercise behavior?

- A. Total experience in exercise programs
- B. Access to online exercise tutorials
- C. Exercising with friends who have similar goals
- D. Choosing exercises based on personal preferences

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19. Which of the following is NOT an effective strategy for building intrinsic motivation in a sedentary adult to adhere to a new exercise program?

- A. Creating a supportive social environment
- B. Providing frequent rewards for attendance
- C. Setting challenging but attainable goals
- D. Encouraging self-monitoring of progress

20. You have a client who started a new nutritional plan with you eight months ago. While their progress was slow initially, they have consistently followed the plan and met dietary guidelines for the past few months. According to the TransTheoretical Model (TTM), which stage of change is your client in?

- A. Contemplation
- B. Preparation
- C. Maintenance
- D. Action

21. A client has been diagnosed with tendinitis. It's advised they follow the SAID principle. What does SAID stand for?

- A. Simple Activity Increase Direction
- B. Specific Adaptation to Imposed Demands
- C. Specific Activation in Injury Development
- D. Special Acute Injury Development

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22. As an exercise physiologist, which of the following variables do you not have direct control over when aiming to optimize an athlete's performance?

- A. Nutritional intake
- B. Recovery periods
- C. Genetic predisposition
- D. Training intensity

23. Which metabolic pathway is primarily used by Type IIb muscle fibers during high-intensity, short-duration activities such as weightlifting?

- A. Electron transport chain
- B. Glycolytic pathway
- C. Oxidative pathway
- D. Krebs cycle

24. Which of the following best describes the optimal exercise prescription for an elderly client with arthritis?

- A. 1-2 x per week / Intensity: High / Up to 60 minutes per session / High-impact activities
- B. 4-6 x per week / Intensity: Moderate to high / Up to 45 minutes per session / Combination of high-impact and free weights
- C. Daily / Intensity: Low / Up to 20 minutes per session / Resistance training with machines
- D. 3-5 x per week / Intensity: Low to moderate / Up to 30 minutes per session / Low-impact aerobic activities

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25. Which of the following most accurately describes the acute variables (FIIT) for a cardiovascular training program for a client who is training for a half marathon?

- A. 3-4 days per week / 75-85% HRmax / 60-120 minutes / Swimming and rowing
- B. 5-6 days per week / 85-95% HRmax / 30-60 minutes / Sprinting and hill running
- C. 4-5 days per week / 65-75% HRmax / 45-90 minutes / Running and cycling
- D. 2-3 days per week / 50-60% HRmax / 20-30 minutes / Brisk walking

26. You are designing an aerobics session for a beginner client. Which of the following sequences of exercises is appropriate?

- A. Strength Training then Low-Intensity Aerobic Exercises
- B. Low-Intensity Aerobic Warm-Up then High-Intensity Interval Training (HIIT)
- C. HIIT then Low-Intensity Aerobic Cool-Down
- D. Static Stretching then HIIT



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27. A middle-aged client with no prior weightlifting experience wants to include resistance training into their fitness regimen. What would be an appropriate prescription for their initial resistance training program?

- A. 3-4 sets of 8-10 reps of heavy resistance exercises focusing on a few muscle groups
- B. 1-2 sets of 10-15 reps of moderate resistance exercises focusing on lower body muscles only
- C. 3-4 sets of 5-8 reps of high resistance exercises as a standalone workout
- D. 1-2 sets of 10-15 reps of light resistance exercises covering all major muscle groups

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28. Which of the following factors is considered most crucial for achieving weight loss through aerobic exercise?

- A. Exercise intensity
- B. Type of exercise
- C. Caloric deficit
- D. Exercise duration

29. As a manager of a corporate wellness program, which of the following types of insurance are you required to maintain to comply with state regulations in most states?

- A. Professional liability insurance
- B. Property insurance
- C. Workers compensation insurance
- D. General liability insurance

30. Which type of risk assessment model emphasizes the identification and mitigation of potential hazards through a systematic process?

- A. Systematic model
- B. Intuitive model
- C. Probabilistic model
- D. Qualitative model



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Answer Key & Explanations

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1. D — Significant silent ischemia

Answer: Significant silent ischemia Athletes with significant silent ischemia are at a high risk for cardiac events during high-intensity training. Silent ischemia represents heart muscle ischemia without accompanying symptoms, making it especially dangerous. Similarly to clients in general health assessments, athletes need careful screening to minimize the risk of severe cardiac events. Key factors indicating high risk include: Risk Factor Left ventricular ejection fraction < 40% Survivor of cardiac arrest or sudden death Complex ventricular dysrhythmias MI or cardiac surgery complicated by cardiogenic shock Abnormal hemodynamics with exercise Significant silent ischemia Symptoms of angina pectoris, dizziness, light-headedness, or dyspnea at low levels of exercise Maximal functional capacity of less than 5.0 METs Clinically significant depression or depressive symptoms The other options mentioned generally indicate low to normal risk and do not warrant special monitoring.

2. D — Level course

Answer: Level course. Cardiorespiratory Fitness (CRF) can be assessed through various step tests, field tests, and submaximal VO₂ prediction tests. The Rockport One-Mile Walk Test is designed to help the exercise physiologist determine VO₂ max. The exercise physiologist should ensure the test is performed on a level course to maintain consistency and accuracy.

3. A — 96

Answer: 96 beats per minute The Harvard Step Test is designed to measure cardiovascular fitness by having participants step up and down on a platform set at a specified height. A metronome is highly recommended during this test to maintain a consistent stepping pace. For males, the metronome should be set to 96 beats per minute, whereas for females, it should be set to 88 beats per minute. Participants step up and down continuously for 5 minutes, after which the pulse rate is measured. The recovery heart rate is then used to determine the participant's fitness level. For males, the fitness index can be calculated using the following formula:
$$\text{Fitness Index (FI)} = \frac{D \times 100}{2 \times \text{HR}}$$
 where D is the duration of the test in seconds and HR is the heart rate after the test.

4. A — 1 mile

Answer: 1 mile The Rockport One-Mile Walk Test is designed to be a simple and effective way to estimate an adult's cardiorespiratory fitness. After a proper warm-up, the client is instructed to walk one mile as fast as possible while maintaining a steady pace. Their heart rate and time taken to complete the walk are measured and used to estimate VO₂ max.

5. A — Gluteus medius

The Gluteus medius is primarily responsible for stabilizing the pelvis during lateral movements. It plays a crucial role in movements such as side steps and balancing on one leg. Other muscles involved in hip stabilization include: Muscle Function Tensor fasciae latae Assists in hip abduction and medial rotation Psoas major Flexes the hip and spine Rectus femoris One of the quadriceps; extends the knee and flexes the hip



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6. D — Systolic blood pressure ≥ 140 mm Hg or diastolic blood pressure ≥ 90 mm Hg

Answer: Systolic blood pressure ≥ 140 mm Hg or diastolic blood pressure ≥ 90 mm Hg
Hypertension is defined by elevated blood pressure readings and is a major risk factor for cardiovascular diseases. Specifically, a systolic blood pressure of ≥ 140 mm Hg or a diastolic blood pressure of ≥ 90 mm Hg indicates hypertension.

7. C — Inflammation

Answer: Inflammation After intense exercise, muscles enter three phases of recovery: inflammation, repair, and remodeling. The inflammation phase involves soreness, swelling, and increased cell activity, typically lasting 24 to 72 hours. This is followed by the repair phase, which can last several weeks, and then the remodeling phase.

8. D — Hip flexor stretch

Answer: Hip flexor stretch To address mobility limitations in the hip flexors, a corrective exercise like the hip flexor stretch can be recommended. This helps increase flexibility and range of motion in the hip flexors.

9. C — "Engage your core and draw your hips up towards your ribs."

Answer: "Engage your core and draw your hips up towards your ribs." For postural deviations, it is important to provide specific verbal cues for correction. For a client with anterior pelvic tilt, you would advise them to "Engage your core and draw your hips up towards your ribs." Additionally, focusing on stretching the hip flexors and strengthening the lower abdominals and glutes can help address this issue.

10. B — Skinfold caliper

Answer: Skinfold caliper Skinfold calipers are the most useful tool for assessing body composition by measuring the thickness of skinfolds at specific sites on the body. To use a skinfold caliper effectively, follow these steps: 1. Perform a short warm-up or ensure the individual is at rest. 2. Identify the specific anatomical sites for measurement, typically including areas like the triceps, abdomen, and thigh. 3. Pinch the skin at each site to form a double layer and apply the caliper to measure the skinfold thickness in millimeters. 4. Record the measurements at each site. 5. Repeat the measurements three times and use the average for accuracy.

11. A — ePARmed-X

Answer: ePARmed-X The ePARmed-X is used to provide physical activity recommendations for individuals with chronic medical conditions following a physician's evaluation. It typically follows the 2021 PAR-Q+, which is a self-guided screening tool. A preparticipation physical activity screening is essential for identifying Details Medical contraindications Conditions preventing safe physical activity Requirement for medical clearance Need for further evaluation before activity Supervised participation Individuals who need a medically supervised program Other health concerns Issues like orthopedic injuries There are two basic approaches to a preparticipation physical activity screening: Type Description ****Self-guided**** Performed independently without an exercise professional ****Professionally supervised**** Involves interaction with an exercise professional Remember: These approaches are not mutually exclusive and may complement each other.

12. D — Weightlifting

Answer: Weightlifting As an exercise physiologist, you'll be expected to perform a thorough fitness assessment to determine which type of exercises are ideal for your client. In general, strength training exercises can be classified into several categories: 1. Bodyweight exercises requiring no equipment 2. Strength exercises using free weights 3. Machine-based strength exercises 4. Resistance band exercises If you want to select a strength training activity that requires no equipment and imposes minimal joint strain, you



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should choose from the following examples: 1. Push-ups 2. Squats 3. Lunges 4. Planks Weightlifting, while beneficial for building strength, typically requires equipment and may impose more strain on the joints.

13. A — Risk of injury

Answer: Risk of injury As an exercise physiologist, you'll be expected to perform thorough fitness assessments to determine which exercises are ideal for your clients. In general, there are four modes of strength training exercises to improve physical fitness: 1. Low-to-moderate-intensity resistance activities requiring no/minimal skill 2. Vigorous-intensity resistance activities requiring minimal skill 3. Resistance activities requiring skill to perform 4. Recreational sports Weightlifting is a moderate-to-high-intensity physical activity that requires skill to perform and offers the following benefits: 1. Increases muscle mass and strength 2. Enhances bone density 3. Improves metabolic rate However, the risk of injury is a potential concern, not a benefit, especially for inexperienced lifters.

14. C — At various stages of behavior change to help clients explore their own thoughts and motivations

Answer: At various stages of behavior change to help clients explore their own thoughts and motivations. Socratic questioning is a fundamental technique in motivational interviewing and cognitive-behavioral therapy. By asking open-ended questions, the exercise physiologist encourages clients to reflect on their thoughts, motivations, and behaviors, helping them to discover their own reasons for change. This method is effective because it facilitates self-efficacy and personal agency, making clients more likely to adhere to their exercise programs.

15. A — Reinforcement management

Answer: Reinforcement management Processes of change can be broken down into experiential processes and behavioral processes. Both are recommended to help increase self-efficacy and facilitate the required transition from precontemplation to action to maintenance. Promising to treat oneself to a massage after consistently attending exercise classes for a month is an example of reinforcement management, which is focused on increasing rewards for exercise. Other types of behavioral processes include the following: Self-liberation, Helping relationships, Counterconditioning, Stimulus control

16. B — Assess the antecedent of the behavior

Answer: Assess the antecedent of the behavior The ABC Method stands for Antecedent, Behavior, Consequence and is a framework exercise physiologists can use to facilitate behavior change. The first step is to assess the antecedent of the behavior—understanding what triggers or precedes the behavior. Other steps include the following: Step Description Assess the antecedent Understand what triggers the behavior Understand the behavior Clearly outline what the behavior is Consider the consequence Analyze the result of the behavior Choose a plan Develop an action plan to address the behavior It's important for the client to be involved in this process to ensure they learn the skill of managing behaviors independently.

17. B — Companionship

Answer: Companionship Behavioral change is challenging, but studies show that support from others can enhance the opportunity for success. Here are the four types of social support: Type of Social Support Description Example Instrumental Providing tangible, practical assistance for goal achievement Driving a spouse to a cardiac rehabilitation appointment Emotional Expressing encouragement, empathy, and concern Praising a client for their efforts and demonstrating compassion for sore muscles Informational Giving instructions, advice, and feedback Providing exercise tips and giving valuable health-related information Companionship Providing a sense of belonging and connectedness Making oneself available as an exercise



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partner These types of social support can be provided by a variety of sources, including family, partners, friends, and exercise physiologists. When a coworker joins your client for morning runs and shares healthy recipes, this is an example of companionship in social support.

18. C — Exercising with friends who have similar goals

Answer: Exercising with friends who have similar goals Social Cognitive Theory (SCT) emphasizes the interaction between individuals and their environments, which includes social networks. Exercising with friends who share similar goals can encourage regular physical activity through social support and accountability.

19. B — Providing frequent rewards for attendance

Answer: Providing frequent rewards for attendance While extrinsic rewards can initially motivate individuals, they may not foster long-term adherence or intrinsic motivation. Instead, strategies such as setting challenging but attainable goals, encouraging self-monitoring of progress, and creating a supportive social environment are more effective in building intrinsic motivation in sedentary adults. Intrinsic motivation involves engaging in an activity for the inherent satisfaction and personal rewards it brings, rather than external rewards.

20. D — Action

Answer: Action The TransTheoretical Model (TTM) is used to explain a variety of health behaviors, understand nutrient intake behaviors, and create appropriate interventions. According to this model, behaviors and cognitive processes occur as individuals move through these stages of change. Here are the TTM's five stages of change: 1. Precontemplation: Currently not following the nutritional plan and not intending to take action in the next six months. 2. Contemplation: Currently not following the nutritional plan but intending to take action within six months. 3. Preparation: Slightly following the nutritional plan but not meeting dietary guidelines—wants to improve adherence. 4. Action: Follows the nutritional plan to meet dietary guidelines—less than six months at this stage. 5. Maintenance: Maintains adherence to the nutritional plan—follows the plan for more than six months. If you have a client of eight months who has been following the nutritional plan and meeting dietary guidelines for the last few months, they are said to be in the action stage of change.

21. B — Specific Adaptation to Imposed Demands

The correct answer is: Specific Adaptation to Imposed Demands. The SAID principle states that the body will adapt to the specific demands placed upon it, both biomechanically and physiologically.

22. C — Genetic predisposition

Answer: Genetic predisposition As an exercise physiologist, you can control various factors that impact an athlete's performance, such as training intensity, nutritional intake, and recovery periods. Genetic predisposition, however, is an inherent factor that you cannot alter. Working with different athletes, you will recognize various intrinsic and extrinsic factors impacting their performance. Common extrinsic factors include: - Training regimen - Dietary habits - Sleep and recovery - Equipment and environment Intrinsic factors like genetic predisposition, muscle fiber composition, and some metabolic rates cannot be controlled but should be considered when optimizing performance.

23. B — Glycolytic pathway

Type IIb muscle fibers primarily use the glycolytic pathway during high-intensity, short-duration activities such as weightlifting. This pathway allows for a rapid production of ATP without the need for oxygen. In contrast,



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Type I muscle fibers rely more on oxidative pathways that include the Krebs cycle and the electron transport chain, which are better suited for endurance activities.

24. D — 3-5 x per week / Intensity: Low to moderate / Up to 30 minutes per session / Low-impact aerobic activities

Answer: 3-5 x per week / Intensity: Low to moderate / Up to 30 minutes per session / Low-impact aerobic activities For elderly clients with arthritis, it is essential to engage in regular physical activity to maintain mobility and manage symptoms. The exercise prescription should focus on low-impact aerobic activities performed 3-5 times a week, with low to moderate intensity, and sessions lasting up to 30 minutes. This approach helps to reduce joint stress and improve overall function.

25. C — 4-5 days per week / 65-75% HRmax / 45-90 minutes / Running and cycling

Answer: 4-5 days per week / 65-75% HRmax / 45-90 minutes / Running and cycling For clients training for a half marathon, the cardiovascular training program should reflect the following: Frequency: 4-5 days per week Intensity: 65-75% HRmax Time: 45-90 minutes Type: Focus on running and cycling After several weeks, the trainer can consider progressing the program to a higher intensity and more time along with different training modalities.

26. B — Low-Intensity Aerobic Warm-Up then High-Intensity Interval Training (HIIT)

Answer: Low-Intensity Aerobic Warm-Up then High-Intensity Interval Training (HIIT) There are many ways to structure exercises within an aerobics session. For beginners, it is essential to include a well-rounded program that caters to all fitness levels. A typical beginner session starts with a low-intensity aerobic warm-up to gradually increase heart rate and prepare muscles for more strenuous activity. Following this, high-intensity interval training (HIIT) is scheduled to maximize cardiovascular benefits and calorie burn. Among the given options, the most appropriate sequence is to start with low-intensity aerobic exercises followed by HIIT. This approach ensures the client is adequately warmed up and prevents injury, thereby making the workout effective.

27. D — 1-2 sets of 10-15 reps of light resistance exercises covering all major muscle groups

Answer: 1-2 sets of 10-15 reps of light resistance exercises covering all major muscle groups. For beginners, it's important to start with a moderate approach to avoid injury and develop a solid foundation. By prescribing 1-2 sets of 10-15 reps of light resistance exercises, you ensure that the client can safely and effectively work all major muscle groups without overstraining.

28. C — Caloric deficit

While the duration, intensity, and type of aerobic exercise can impact weight loss, studies indicate that a caloric deficit is the most important factor. Creating a caloric deficit through a combination of exercise and diet is essential for losing weight.

29. C — Workers compensation insurance

Answer: Workers compensation insurance An important element of risk management involves acquiring the proper types of insurance to protect your business, its customers, and its employees. The five main categories of business insurance include the following: General liability insurance: Protects your business if someone pursues a legal claim as a result of experiencing bodily injury or property damage that happened while interacting with your business. Professional liability insurance: Protects not only your business but also your employees in the event someone pursues a legal claim for the professional misconduct of an employee. Workers compensation insurance: This insurance protects your employees and business from claims



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resulting from employment-related accidents, injuries, and even death. Property insurance: This insurance protects the physical assets of your business by covering the cost to fix or replace physical assets damaged or destroyed by an incident. Business interruption insurance: This insurance coverage replaces income lost by a business due to direct physical damage from a natural disaster or forced closure due to government actions such as during COVID-19. Most states require an employer to retain workers compensation insurance.

30. A — Systematic model

Answer: Systematic model Risk assessment models generally fall into several categories: Systematic model: Emphasizes the identification and mitigation of potential hazards through a structured process Intuitive model: Relies on the assessor's experience and intuition rather than a structured process Probabilistic model: Uses statistical methods and data to estimate the likelihood of risks Qualitative model: Uses descriptive methods rather than numerical data to assess risks The systematic model focuses on a step-by-step process for identifying and mitigating potential hazards.



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