

# 030-333<sup>Q&As</sup>

ACSM Exercise Specialist Exam

**Pass ACSM 030-333 Exam with 100% Guarantee**

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.certbus.com/030-333.html>

100% Passing Guarantee  
100% Money Back Assurance

Following Questions and Answers are all new published by ACSM  
Official Exam Center

-  **Instant Download** After Purchase
-  **100% Money Back** Guarantee
-  **365 Days** Free Update
-  **800,000+** Satisfied Customers



### QUESTION 1

Osteoporosis is more prevalent in:

- A. Women who have never been pregnant.
- B. African-American women.
- C. Women who are involved in activities that place stress on the wrists, hips, or lumbar sacral region.
- D. Postmenopausal women.

Correct Answer: D

---

### QUESTION 2

Examples of program records include:

- A. Client progress and outcomes.
- B. Member needs.
- C. Performance of clients on selected exercises.
- D. Member suggestions and any actions taken regarding them.

Correct Answer: A

---

### QUESTION 3

What should the manager's involvement be in developing fitness programs?

- A. The manager should maintain a hands-off approach.
- B. The manager should be involved only in the budgeting and final approval.
- C. The manager should be the only person involved in program development.
- D. The manager should be active as a program developer as well as a resource, supporter, and critic for programs developed by other staff.

Correct Answer: D

---

#### QUESTION 4

A client with angina exhibits symptoms and a 1mm, down-sloping ST- segment depression at a HR of 129 bpm on his exercise test. His peak exercise target HR should be set at:

- A. 128 bpm.
- B. 109 to 119 bpm.
- C. 129 bpm.
- D. 125 to 128 bpm.

Correct Answer: B

---

#### QUESTION 5

What resistance would you set a cycle ergometer at if your 80-kg client needs to train at 6 METs? Assume a 50 rpm cycling cadence.

- A. 1.5 kg.
- B. 2.07 kg.
- C. 0.25 pounds.
- D. 0.45 pounds.

Correct Answer: B

[Latest 030-333 Dumps](#)

[030-333 VCE Dumps](#)

[030-333 Practice Test](#)

To Read the [Whole Q&As](#), please purchase the [Complete Version](#) from [Our website](#).

## Try our product !

100% Guaranteed Success

100% Money Back Guarantee

365 Days Free Update

Instant Download After Purchase

24x7 Customer Support

Average 99.9% Success Rate

More than 800,000 Satisfied Customers Worldwide

Multi-Platform capabilities - [Windows](#), [Mac](#), [Android](#), [iPhone](#), [iPod](#), [iPad](#), [Kindle](#)

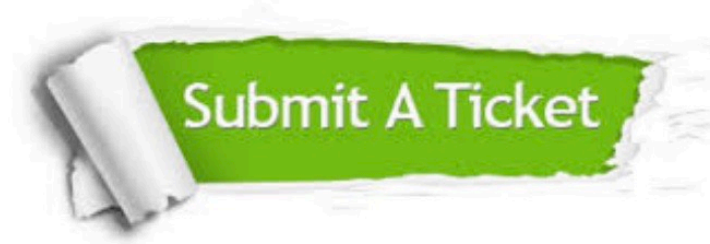
We provide exam PDF and VCE of Cisco, Microsoft, IBM, CompTIA, Oracle and other IT Certifications. You can view Vendor list of All Certification Exams offered:

<https://www.certbus.com/allproducts>

## Need Help

Please provide as much detail as possible so we can best assist you.

To update a previously submitted ticket:



 <p><b>One Year Free Update</b> Free update is available within One Year after your purchase. After One Year, you will get 50% discounts for updating. And we are proud to boast a 24/7 efficient Customer Support system via Email.</p>	 <p><b>Money Back Guarantee</b> To ensure that you are spending on quality products, we provide 100% money back guarantee for 30 days from the date of purchase.</p>	 <p><b>Security &amp; Privacy</b> We respect customer privacy. We use McAfee's security service to provide you with utmost security for your personal information &amp; peace of mind.</p>
---	---	--

Any charges made through this site will appear as Global Simulators Limited.

All trademarks are the property of their respective owners.

Copyright © certbus, All Rights Reserved.