

030-333^{Q&As}

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

If total daily caloric consumption is 2,400 kcal and the total fat in that diet is 30%, how many grams of fat per day would be consumed?

- A. 80.
- B. 70.
- C. 90.
- D. 75.

Correct Answer: A

QUESTION 2

Athletes who exercise in the heat and humidity have a special need for fluid replacement. Current guidelines suggest that athletes should:

- A. Consume 16 to 24 fluid ounces of water for every pound of weight lost.
- B. Drink nothing but alcoholic beverages after engaging in exercise.
- C. Avoid drinking water after exercise because of the danger of cramps.
- D. Eat salt tablets with every meal during the hot summer months.

Correct Answer: A

QUESTION 3

Which of the following is NOT an appropriate treatment activity for inpatient rehabilitation of a client on the second day after coronary artery bypass graft (CABG) surgery?

- A. Limit activities as tolerated to the development of self-care activities, ROM for extremities, and low-resistance activities.
- B. Limit upper body activities to biceps curls, horizontal arm adduction, and overhead press using 5-pound weights while sitting on the side of the bed.
- C. Progress all activities performed from supine to sitting to standing.
- D. Measure vital signs, symptoms, RPE, fatigue, and skin color and perform electrocardiography before, during, and after treatments to assess activity tolerance.

Correct Answer: B

QUESTION 4

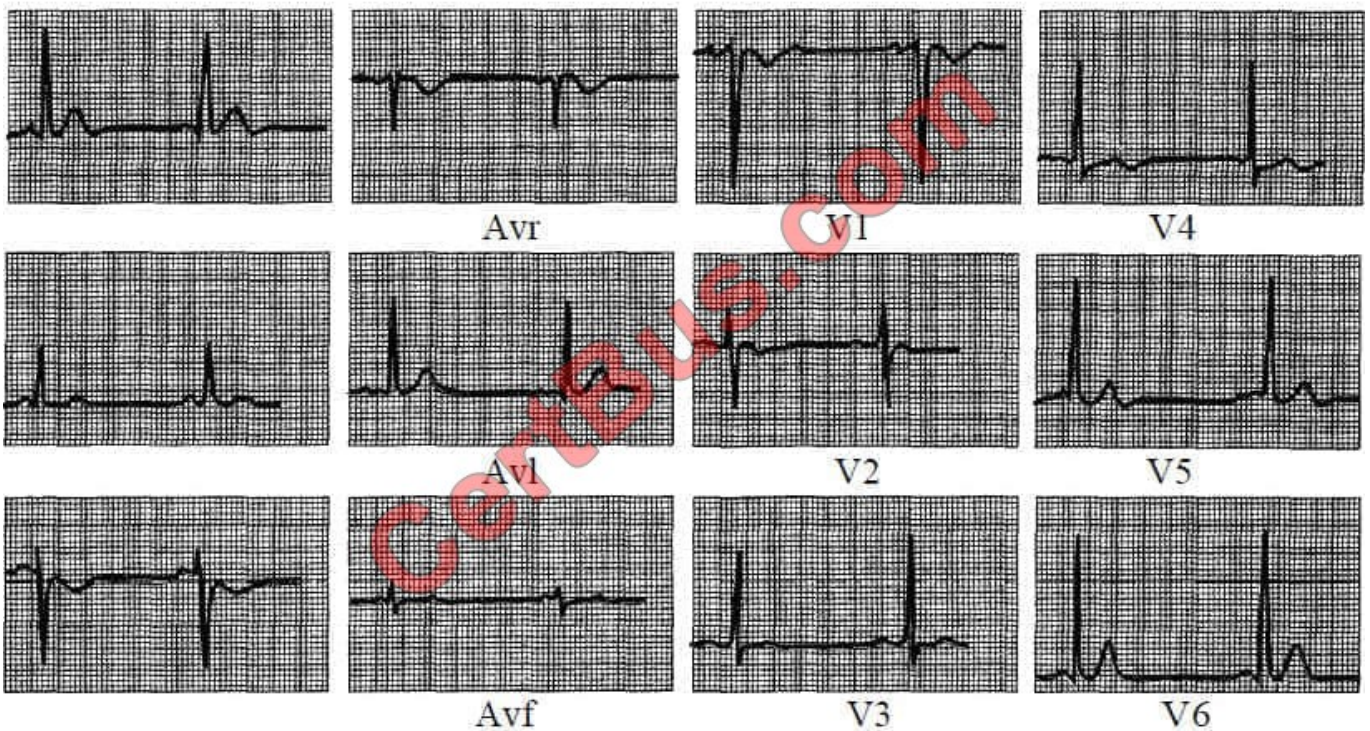
Women are likely to be deficient in both calcium and iron, because:

- A. They tend to consume less overall energy than men.
- B. They tend to consume less dairy products.
- C. They tend to consume less protein from meat sources.
- D. All of the above.

Correct Answer: D

QUESTION 5

In the ECG strip shown below, what abnormalities are indicated?



- A. Left atrial enlargement and LVH.
- B. Right atrial enlargement and right ventricular hypertrophy.
- C. Left anterior fascicular block and left posterior fascicular block.
- D. Subendocardial ischemia and infarction

Correct Answer: A

[Latest 030-333 Dumps](#)

[030-333 VCE Dumps](#)

[030-333 Exam Questions](#)

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](#)

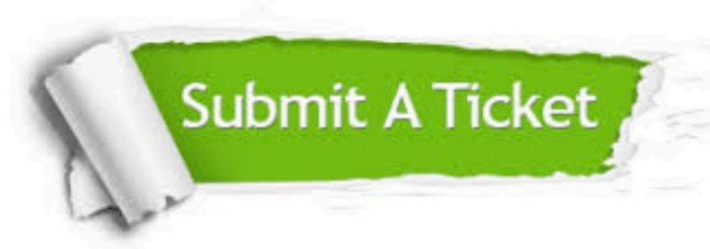
We provide exam PDF and VCE of Cisco, Microsoft, IBM, CompTIA, Oracle and other IT Certifications. You can view Vendor list of All Certification Exams offered:

<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>One Year Free Update 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>Money Back Guarantee 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>Security & Privacy We respect customer privacy. We use McAfee's security service to provide you with utmost security for your personal information & 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.