

# ACSM-EP practice exam (from study book)| with complete solution | GRADED A+

Underweight is classified as a body mass index (BMI) of \_\_\_\_\_ ?

- A.  $<19.9 \text{ kg}\cdot\text{m}^2$
- B.  $<18.5 \text{ kg}\cdot\text{m}^2$
- C.  $<24.9 \text{ kg}\cdot\text{m}^2$
- D.  $<20.5 \text{ kg}\cdot\text{m}^2$  - B

When measuring regional body circumferences, an average of duplicate measures is used provided that those measurements do not differ by more than \_\_\_\_\_.

- A. 3 mm
- B. 10 mm
- C. 5 mm
- D. 12 mm - C

Which of the following represents the demarcation point of a very high health risk for young women when using waist-to-hip ratio (WHR) ?

- A.  $>0.86$
- B.  $>0.95$
- C.  $>1.00$
- D.  $>1.03$  - A

Which of the following is accepted as the criterion measure of cardiorespiratory fitness?

- A. Field test performance
- B. Maximal volume of oxygen consumed per unit time ( $\text{VO}_2\text{max}$ )
- C. Body fat percentage
- D. Maximal heart rate ( $\text{HR}_{\text{max}}$ ) - B

When estimating  $\text{VO}_2\text{max}$  using the YMCA cycle ergometer protocol, which of the following best describes the relationship between heart rate (HR)  $> 110$  bpm and 85% age-predicted  $\text{HR}_{\text{max}}$  or 70% heart rate reserve (HRR)?

- A. Logarithmic
- B. Inverse
- C. Curvilinear
- D. Linear - D

Which of the following variables is unique to the Rockport One-Mile Fitness Walking Test's regression equation to estimate  $\text{VO}_2\text{max}$ ?

- A. Age
- B. HR
- C. Gender
- D. Body mass - C

What is the suggested work rate for a deconditioned, female individual performing the Astrand-Rhyming cycle ergometer protocol?

- A. 150 or 300  $\text{kg}\cdot\text{m}\cdot\text{min}^{-1}$  (25 or 50 W)
- B. 300 or 450  $\text{kg}\cdot\text{m}\cdot\text{min}^{-1}$  (50 or 75 W)

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