

ACSM-CEP®

Certified Clinical Exercise Physiologist® Prep for ACSM-CEP®

500 Questions, 6 Subjects

Should a patient with pulmonary disease be referred for medical clearance before undergoing exercise testing?

- A No, patients with pulmonary disease are at low risk for cardiovascular complications caused by exercise
- B Yes, patients with pulmonary disease are at high risk for cardiovascular complications caused by exercise
- C Yes, all patients with a diagnosed disease should be referred to a medical provider for clearance before conducting any exercise testing or beginning any exercise program
- D No, the CEP should always make a judgement call on whether or not to refer patients for medical clearance and are never at fault if they decide to proceed with testing a patient who experiences a cardiac event

A HIPAA violation would most likely fall into which of the four types of intentional torts commonly affecting CEPs?

- A Battery
- B Defamation
- C Assault
- D Invasion of privacy



A CEP is working with a client who has recently been diagnosed with multiple sclerosis (MS). The client asks the CEP when the best time of day would be for her to complete her walks around her neighborhood.

How should the CEP respond?

A

"With your condition, you shouldn't be walking, as there is a risk you could fall. I would recommend you purchase a stationary bike and use that instead."

B

"With your condition, it would be best if you avoided exercising, except for at very low intensities. Therefore, I would recommend that you just walk laps around your house so that you can sit down whenever you feel your heart rate increase."

C

"It would be best if you could avoid the heat when you exercise, as warm temperatures can increase symptoms associated with MS. Therefore, I would recommend you walk early in the mornings or later in the evenings to avoid the hottest part of the day."

D

"It would be best if you could exercise in hotter temperatures, as heat tends to decrease the symptoms of MS. Therefore, I would recommend you walk in the middle of the day, when it is warmest outside."