

EXERCISE PRESCRIPTION EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which statement differentiates absolute vs relative contraindications to exercise testing?**
 - A. Relative contraindications prohibit testing; absolute contraindications require medical clearance.
 - B. Absolute contraindications prohibit testing; relative contraindications require caution and medical clearance when testing.
 - C. Absolute contraindications apply only to older adults.
 - D. Relative contraindications apply to VO₂ testing only.
- 2. For which activity is hip-worn placement generally more accurate than wrist-worn?**
 - A. Walking
 - B. Running and cycling
 - C. All activities equally accurate
 - D. None
- 3. What Borg scale rating is used as a criterion for VO₂max attainment?**
 - A. RPE greater than 17 on Borg scale 6-20
 - B. RPE greater than 15
 - C. RPE greater than 12
 - D. RPE greater than 20
- 4. Which of the following is a musculoskeletal sign or symptom that may limit exercise performance?**
 - A. Osteoarthritis
 - B. Asthma
 - C. Hypertension
 - D. Coughing up blood
- 5. Which type of activities should be used for cardiorespiratory training to be maintained?**
 - A. Rhythmic aerobic activities that can be maintained
 - B. Short sprints and maximal efforts
 - C. Isolated resistance training
 - D. High-intensity ascents

- 6. Which BP measurement method is considered the gold standard?**
- A. Auscultatory
 - B. Oscillometry
 - C. Wrist-cuff method
 - D. Invasive (direct) method
- 7. What is a key characteristic of aerobic interval training compared with continuous training?**
- A. It involves higher relative intensities
 - B. It uses lower intensities throughout
 - C. It has no rest periods
 - D. It is always longer in duration
- 8. What is the primary purpose of following the ACSM resistance training guidelines for healthy adults?**
- A. To maximize time efficiency
 - B. To ensure safe and effective adaptation while reducing injury risk
 - C. To maximize heart rate
 - D. To avoid any rest between sets
- 9. A resting blood pressure of 128/78 falls into which category?**
- A. Normal
 - B. Stage 1
 - C. Elevated
 - D. Stage 2
- 10. Active recovery is defined as ...**
- A. Resting in place after test
 - B. Continuing to keep moving after test is completed to reduce risk of hypotension
 - C. Cooling down only breathing
 - D. Stopping immediately after test

Answers

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1. B
2. B
3. A
4. A
5. A
6. D
7. A
8. B
9. C
10. B

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Explanations

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1. Which statement differentiates absolute vs relative contraindications to exercise testing?

- A. Relative contraindications prohibit testing; absolute contraindications require medical clearance.
- B. Absolute contraindications prohibit testing; relative contraindications require caution and medical clearance when testing.**
- C. Absolute contraindications apply only to older adults.
- D. Relative contraindications apply to VO₂ testing only.

Absolute contraindications are conditions in which performing an exercise test would pose a high risk of a serious event, so the test should not be done. Relative contraindications are conditions that raise risk but might allow testing to proceed with extra precautions, medical supervision, and often after obtaining clearance. This distinction is why saying that absolute contraindications prohibit testing and relative contraindications require caution and medical clearance when testing is the best way to differentiate them. The other statements misstate the relationship—for example, suggesting testing is prohibited only for relative cases, or that absolute cases apply only to older adults, or that relative contraindications apply only to a specific type of test like VO₂ testing.

2. For which activity is hip-worn placement generally more accurate than wrist-worn?

- A. Walking
- B. Running and cycling**
- C. All activities equally accurate
- D. None

Placement of the sensor matters because different activities move parts of the body in different ways, and some motions create more meaningful signals at certain sites than others. A hip-worn accelerometer tends to track the body's center-of-mass movement more directly, reducing interference from arm motion that can distort measurements. In cycling, the wrists often stay relatively still or move in ways that don't reflect pedal cadence, so wrist data can misrepresent the actual activity; the hip location captures the leg-driven movement more reliably. In running, the legs drive most of the motion while arm swing can introduce extra noise at the wrist, making hip measurements a steadier indicator of pace and cadence. Walking can rely more on arm swing for rhythm, so wrist measurements are not as disadvantaged there, and the advantage of hip-worn data is less pronounced. So hip-worn placement is generally more accurate for running and cycling.

3. What Borg scale rating is used as a criterion for VO₂max attainment?

- A. RPE greater than 17 on Borg scale 6-20**
- B. RPE greater than 15
- C. RPE greater than 12
- D. RPE greater than 20

Reaching VO₂max during a graded exercise test is signaled by exercising at very high effort. On the Borg 6-20 RPE scale, a rating above 17 corresponds to a very hard to maximal effort, which aligns with the level of exertion needed to reach VO₂max. This threshold is commonly used because it reflects near-maximal effort and is supported by other objective criteria (like a VO₂ plateau, high heart rate, or high RER) that confirm maximal aerobic capacity. The other options describe lower levels of effort (or, in the case of a rating of 20, the scale's maximum, which isn't a criterion by itself) and therefore aren't the standard cutoff for VO₂max attainment.

4. Which of the following is a musculoskeletal sign or symptom that may limit exercise performance?

A. Osteoarthritis

B. Asthma

C. Hypertension

D. Coughing up blood

Musculoskeletal signs or symptoms that limit exercise performance come from the joints, muscles, or bones and affect movement or how much load a person can safely handle. Osteoarthritis fits here because it's a degenerative joint disease that causes joint pain with use, stiffness after periods of inactivity, and reduced range of motion. These factors can make exercise feel painful or mechanically restricted, lowering tolerance for activity and guiding the need for joint-friendly, lower-impact options and symptom management. Asthma involves the airways and breath control, hypertension is a cardiovascular condition affecting blood pressure, and coughing up blood signals a serious medical issue; none are primary musculoskeletal signs that directly limit movement or joint function like osteoarthritis does.

5. Which type of activities should be used for cardiorespiratory training to be maintained?

A. Rhythmic aerobic activities that can be maintained

B. Short sprints and maximal efforts

C. Isolated resistance training

D. High-intensity ascents

Maintaining cardiorespiratory fitness relies on a rhythmic, continuous aerobic stimulus that uses large muscle groups over enough time to keep the heart and lungs challenged while still allowing regular, sustainable training. Activities that are rhythmic and can be maintained—such as walking, cycling, swimming, or dancing at a pace you can sustain—let you accumulate the consistent volume needed to preserve endurance adaptations and VO₂ max. Short sprints and maximal efforts improve peak power and anaerobic capacity but aren't as suitable for ongoing maintenance because they require longer recovery and can be harder to sustain week after week. Isolated resistance training focuses on strength rather than cardio endurance, and high-intensity ascents are demanding and better suited for interval-style work rather than a steady maintenance base. So, rhythmic aerobic activities that can be maintained are the best choice for preserving cardiorespiratory fitness.

6. Which BP measurement method is considered the gold standard?

- A. Auscultatory
- B. Oscillometry
- C. Wrist-cuff method
- D. Invasive (direct) method**

Direct arterial pressure measurement is the most accurate and continuous way to assess blood pressure because it taps directly into the arterial system. A catheter placed in an artery connected to a transducer provides true intra-arterial pressures, giving beat-to-beat data for systolic, diastolic, and mean arterial pressure and an arterial waveform. This level of precision and real-time monitoring is essential in critical care, anesthesia, and situations where rapid hemodynamic changes must be tracked and managed. Noninvasive methods, like the cuff-based auscultatory approach, rely on external pressure applied to a limb and can be influenced by cuff size, limb position, and observer technique, introducing potential error. Automated oscillometric devices estimate pressure from cuff oscillations and can be less accurate in unstable or irregular conditions. The wrist-cuff method adds more variability due to distance from the heart and positioning. While these noninvasive methods are suitable for routine monitoring, they do not match the accuracy and continuous data provided by direct invasive measurement.

7. What is a key characteristic of aerobic interval training compared with continuous training?

- A. It involves higher relative intensities**
- B. It uses lower intensities throughout
- C. It has no rest periods
- D. It is always longer in duration

Aerobic interval training is defined by alternating higher-intensity work periods with recovery periods, which lets you perform at a higher effort during the work bouts than you would in steady-state continuous exercise. This pattern creates higher relative intensities during the work intervals compared with continuous training, while the rest periods allow repeated pushes at that intensity. Continuous training, by contrast, maintains a steady, submaximal pace with no built-in rest between efforts, so the intensity stays lower overall.

8. What is the primary purpose of following the ACSM resistance training guidelines for healthy adults?

- A. To maximize time efficiency
- B. To ensure safe and effective adaptation while reducing injury risk**
- C. To maximize heart rate
- D. To avoid any rest between sets

Following the ACSM resistance training guidelines for healthy adults is about delivering a training stimulus that leads to meaningful strength and fitness gains while keeping the body safe. The guidelines specify how hard to lift, how many repetitions and sets, how often to train, how to progress, and how long to rest, all in a way that promotes gradual, sustainable adaptation of muscles, tendons, bones, and connective tissues. By emphasizing proper technique, appropriate loads, sensible progression, and adequate recovery, the plan reduces the risk of injury and overuse while still driving improvements. The other options miss the central aim. Time efficiency is a consideration, but not the primary purpose; the focus is on safe, effective adaptation. Maximizing heart rate describes aerobic goals rather than resistance training goals. And resting between sets is a necessary part of a well-designed program; eliminating rest would undermine recovery and performance and increase injury risk, which the guidelines specifically seek to prevent.

9. A resting blood pressure of 128/78 falls into which category?

- A. Normal
- B. Stage 1
- C. Elevated**
- D. Stage 2

Understanding how blood pressure readings are categorized is the starting point. When systolic pressure is between 120 and 129 and the diastolic pressure is below 80, the reading is labeled elevated. Here, the systolic is 128 and the diastolic is 78, which fits that range. It isn't normal because normal requires both values to be below 120/80. It isn't Stage 1 because Stage 1 is 130–139 systolic or 80–89 diastolic. It isn't Stage 2 because that would be at least 140 systolic or 90 diastolic. So the reading belongs to the elevated category.

10. Active recovery is defined as ...

- A. Resting in place after test
- B. Continuing to keep moving after test is completed to reduce risk of hypotension**
- C. Cooling down only breathing
- D. Stopping immediately after test

Active recovery means continuing light movement after exercise to keep the body circulating and ready to transition from workout to rest. The strongest reason this is correct is that moving at a low intensity helps maintain venous return, preventing a sudden drop in blood pressure and reducing the risk of dizziness or fainting after intense effort. It also supports a gradual heart-rate decline and can aid in clearing metabolites without the shock of stopping abruptly. In practice, this is why a gentle cooldown—like an easy walk or light cycling for several minutes—is preferred over stopping immediately or remaining completely still. Resting in place or focusing only on breathing without any movement misses the circulatory benefits, and stopping abruptly can leave blood pooling in the legs and lead to uncomfortable or unsafe post-exercise symptoms.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://exerciseprescription1.examzify.com>

We wish you the very best on your exam journey. You've got this!

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