

ACSM CANCER EXERCISE TRAINER (CET) PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What is a key feature of cancer grade 3?**
 - A. Cancer cells that grow more slowly than normal cells
 - B. Cancer cells that look abnormal and may grow or spread more aggressively
 - C. Cancer cells that resemble normal cells
 - D. Cancer cells that are benign
- 2. Which stage of cancer indicates involvement of lymph node regions on both sides of the diaphragm?**
 - A. Stage I
 - B. Stage II
 - C. Stage III
 - D. Stage IV
- 3. Which factor is important in weight management for cancer survivors?**
 - A. Eating only processed foods
 - B. Maintaining a balanced diet with regular physical activity
 - C. Avoiding all carbohydrates
 - D. Drinking sugary beverages
- 4. Why is it important to create a supportive environment for cancer survivors?**
 - A. To decrease exercise frequency
 - B. To enhance adherence to the exercise program
 - C. To avoid social interaction
 - D. To focus solely on treatment
- 5. What are genes that induce increased activity referred to as?**
 - A. Oncogenes
 - B. Tumor suppressor genes
 - C. Apoptosis genes
 - D. Angiogenesis genes

- 6. How does physical activity influence overall health in cancer patients?**
- A. It leads to weight gain
 - B. It improves mental health and quality of life
 - C. It causes fatigue
 - D. It has no effect on health
- 7. What characterizes triple-negative breast cancer?**
- A. Estrogen, progesterone, and HER2/new negative
 - B. High hormone receptor levels
 - C. Positive for all three receptors
 - D. Only HER2/new positive
- 8. When should a cancer survivor consult a healthcare provider before starting an exercise program?**
- A. When they have gained significant weight
 - B. When they have significant co-morbidities or complications
 - C. When they want to increase their exercise intensity
 - D. When they are experiencing fatigue
- 9. Which cancer treatment is likely to cause changes in body composition?**
- A. Surgery
 - B. Radiation
 - C. Chemotherapy
 - D. Immunotherapy
- 10. Which cancer type is primarily assessed using PSA levels?**
- A. Lung cancer
 - B. Prostate cancer
 - C. Breast cancer
 - D. Colorectal cancer

Answers

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

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Explanations

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1. What is a key feature of cancer grade 3?

- A. Cancer cells that grow more slowly than normal cells
- B. Cancer cells that look abnormal and may grow or spread more aggressively**
- C. Cancer cells that resemble normal cells
- D. Cancer cells that are benign

A key feature of cancer grade 3 is that the cancer cells look abnormal and tend to grow or spread more aggressively than lower-grade cancers. In this grading system, grade 3 indicates a higher level of differentiation, which means the cancer cells have deviated significantly from their normal counterparts. This abnormality can lead to a more rapid proliferation and an increased likelihood of metastasis, making grade 3 cancers typically more serious and requiring more aggressive treatment strategies compared to lower-grade cancers. In contrast, slower-growing cells are characteristic of lower-grade tumors, highlighting a different biological behavior. Similarly, cancer cells that resemble normal cells are associated with grades 1 or 2, which indicate a less aggressive nature. Lastly, benign cells are not cancerous and do not fall under the grading system used for malignant tumors. Therefore, the distinguishing feature of grade 3 cancer lies in the cells' abnormal appearance and their aggressive growth potential.

2. Which stage of cancer indicates involvement of lymph node regions on both sides of the diaphragm?

- A. Stage I
- B. Stage II
- C. Stage III**
- D. Stage IV

The stage of cancer that indicates involvement of lymph node regions on both sides of the diaphragm is classified as Stage III. In this stage, the cancer is typically more advanced and has spread beyond the primary tumor site to regional lymph nodes. The bilateral involvement of lymph nodes is a significant factor, as it suggests a higher degree of metastatic activity compared to earlier stages. Stage I generally indicates localized cancer with no lymph node involvement, while Stage II often involves regional lymph nodes but does not extend beyond the diaphragm. Stage IV is characterized by distant metastasis, meaning the cancer has spread to organs or tissues far from the original tumor, such as the liver or bones, rather than just lymph nodes on both sides of the diaphragm. Thus, Stage III is the appropriate classification, as it captures the essential criteria of extensive lymphatic involvement without indicating spread beyond regional nodes.

3. Which factor is important in weight management for cancer survivors?

- A. Eating only processed foods
- B. Maintaining a balanced diet with regular physical activity**
- C. Avoiding all carbohydrates
- D. Drinking sugary beverages

Maintaining a balanced diet with regular physical activity is crucial in weight management for cancer survivors due to several reasons. First, a balanced diet ensures that survivors receive essential nutrients that may help support their recovery and overall health. This includes a variety of foods that provide vitamins, minerals, protein, and healthy fats, which are vital for immune function and energy levels. Regular physical activity complements a balanced diet by increasing energy expenditure, promoting muscle maintenance, and enhancing cardiovascular health. Exercise can help mitigate some side effects related to cancer and its treatment, such as fatigue and loss of physical function. Furthermore, physical activity has been shown to have psychological benefits, including reducing anxiety and improving mood, which are important factors in the well-being of cancer survivors. The other choices do not promote healthy weight management strategies. Eating only processed foods can lead to nutritional deficiencies and unhealthy weight gain due to high levels of added sugars, unhealthy fats, and sodium. Avoiding all carbohydrates may lead to an unbalanced diet, as carbohydrates are a key energy source and can be part of a healthy eating plan when chosen correctly. Drinking sugary beverages contributes to excess calorie intake, which can hinder weight management efforts. Thus, the correct approach involves a holistic balance of nutrition and activity, promoting better health outcomes

4. Why is it important to create a supportive environment for cancer survivors?

- A. To decrease exercise frequency
- B. To enhance adherence to the exercise program**
- C. To avoid social interaction
- D. To focus solely on treatment

Creating a supportive environment for cancer survivors is crucial because it enhances adherence to the exercise program. A supportive environment fosters motivation, accountability, and social interaction, all of which are vital for individuals undergoing significant physical and emotional challenges. By feeling supported by peers, family, and fitness professionals, cancer survivors are more likely to engage in regular exercise, which can lead to improved physical function, quality of life, and overall well-being. Support systems can also help address the common barriers to exercise that cancer survivors may face, such as fatigue, fear of injury, or lack of confidence. By providing encouragement and understanding, a supportive community helps individuals feel more comfortable and empowered to participate in physical activity, making it easier to integrate exercise into their daily routines. Additionally, being part of a supportive network can reduce feelings of isolation, which is particularly important for cancer survivors who may be coping with emotional distress or changes in their social roles. Thus, the focus on fostering a supportive environment is key to helping these individuals maintain a sustainable exercise regimen throughout their cancer journey and beyond.

5. What are genes that induce increased activity referred to as?

- A. Oncogenes**
- B. Tumor suppressor genes
- C. Apoptosis genes
- D. Angiogenesis genes

Genes that induce increased activity are known as oncogenes. These genes play a critical role in cell growth and division. When functioning normally, oncogenes are involved in the regulation of normal cell processes, including growth and division. However, mutations or alterations in these genes can lead to unregulated cell proliferation and contribute to the development of cancer. Oncogenes often encode proteins that are involved in important signaling pathways that promote cell survival and growth. For example, they can act as growth factors, receptors, or other signaling molecules that when overexpressed or mutated, can push the cell into a state of continuous division, a hallmark of cancerous tumors. Understanding the role of oncogenes is vital in cancer research and treatment, as targeting these genes might lead to innovative therapies aimed at inhibiting their function and controlling tumor growth. In comparison, tumor suppressor genes function to control cell division and apoptosis, acting as a check on cell growth. Apoptosis genes are involved specifically in programmed cell death, and angiogenesis genes relate to the formation of new blood vessels, processes that can support tumors but are not primarily inducing increased activity in cells. Therefore, oncogenes are uniquely defined by their role in promoting activity leading to increased cell division.

6. How does physical activity influence overall health in cancer patients?

- A. It leads to weight gain
- B. It improves mental health and quality of life**
- C. It causes fatigue
- D. It has no effect on health

Physical activity plays a significant role in enhancing the overall health of cancer patients, primarily through improving mental health and quality of life. Engaging in regular physical activity has been associated with reductions in anxiety and depression, both of which are common among individuals undergoing cancer treatment. Exercise can also help alleviate fatigue, a prevalent issue for many cancer patients, by boosting energy levels and enhancing physical strength. Additionally, physical activity helps improve overall physical function, which can lead to greater independence and a better ability to perform daily activities. This holistic improvement contributes to an enhanced sense of well-being and can foster a more positive outlook on life during a challenging time. By promoting emotional resilience and providing a sense of accomplishment, physical activity significantly contributes to a higher quality of life for cancer patients, making it a crucial component of their overall care plan.

7. What characterizes triple-negative breast cancer?

A. Estrogen, progesterone, and HER2/new negative

B. High hormone receptor levels

C. Positive for all three receptors

D. Only HER2/new positive

Triple-negative breast cancer is characterized by being negative for estrogen receptors, progesterone receptors, and the human epidermal growth factor receptor 2 (HER2). This means that in triple-negative breast cancer, the tumor does not express these three receptors, which impacts treatment options and prognosis. Since it lacks these receptors, this type of breast cancer does not respond to hormonal therapies that are effective for hormone receptor-positive cancers (like those with high levels of estrogen or progesterone), nor does it respond to therapies targeting HER2. This distinctive absence of these receptors is what makes it "triple-negative." The other choices refer to conditions that either do not align with the definition of triple-negative breast cancer or indicate the presence of hormone receptors or HER2, which are not characteristics of this type of cancer.

8. When should a cancer survivor consult a healthcare provider before starting an exercise program?

A. When they have gained significant weight

B. When they have significant co-morbidities or complications

C. When they want to increase their exercise intensity

D. When they are experiencing fatigue

Consulting a healthcare provider before starting an exercise program is crucial for cancer survivors, especially when they have significant co-morbidities or complications. This is because individuals with cancer may have underlying health conditions or complications from cancer treatments that can affect their ability to exercise safely. For instance, issues such as heart disease, lung problems, or complications from surgeries can all pose risks during physical activity. A healthcare provider can assess the survivor's overall health status, offer personalized recommendations, and ensure that any exercise program is safe and appropriate for their specific circumstances. While gaining significant weight, wanting to increase exercise intensity, and experiencing fatigue may be important factors to consider, they do not necessarily warrant immediate consultation with a healthcare provider in the same way that significant co-morbidities or complications do. Co-morbidities can directly impact the safety and effectiveness of the exercise regimen, highlighting the importance of professional guidance in those cases.

9. Which cancer treatment is likely to cause changes in body composition?

- A. Surgery
- B. Radiation
- C. Chemotherapy**
- D. Immunotherapy

Chemotherapy is known to cause significant changes in body composition due to its effects on both fat and muscle mass. Chemotherapy drugs target rapidly dividing cancer cells, but they also affect healthy cells, including those in muscle tissue. This can lead to a condition known as cachexia, which is characterized by weight loss, muscle wasting, and changes in body fat distribution. Patients undergoing chemotherapy may experience various side effects such as nausea, appetite changes, and fatigue, which can further contribute to decreased physical activity and potential loss of lean muscle mass. These factors collectively result in an altered body composition, wherein muscle mass is decreased, and fat mass may either increase or decrease depending on nutritional status and physical activity levels. Other treatment modalities, such as surgery, radiation, and immunotherapy can also influence body composition in some patients, but their effects are typically less pronounced in comparison to those seen with chemotherapy. For example, while surgery can lead to temporary changes in body composition due to recovery and potential nutritional deficiencies, it usually does not have the same widespread impact on muscle and fat tissue as chemotherapy. Similarly, radiation therapy might affect body composition but often more localized to the treatment area rather than systemically. Immunotherapy's effects on body composition are still being studied, but it generally

10. Which cancer type is primarily assessed using PSA levels?

- A. Lung cancer
- B. Prostate cancer**
- C. Breast cancer
- D. Colorectal cancer

Prostate-specific antigen (PSA) levels are primarily used to assess prostate cancer. PSA is a protein produced by both normal and malignant cells of the prostate gland, and measuring its levels in the blood can provide significant information regarding the presence of prostate cancer. Elevated PSA levels may indicate prostate cancer, although they can also be influenced by other factors like benign prostatic hyperplasia or prostatitis, emphasizing the need for further diagnostic evaluation when PSA levels are high. In contrast, the other types of cancers listed—lung cancer, breast cancer, and colorectal cancer—do not utilize PSA as a standard marker for assessment. Each of these cancers has its own specific markers and testing protocols. For instance, lung cancer is often assessed through imaging and biopsies, breast cancer may involve tests like mammograms and estrogen receptor status, and colorectal cancer typically involves colonoscopy and specific tumor markers such as CEA (carcinoembryonic antigen). This makes it clear that PSA is specifically tied to prostate cancer assessment.

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://acsmcancerexercisetrainer.examzify.com>

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

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