

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

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 of the following is a form of self-efficacy according to Social Cognitive Theory?**
 - A. Modeling
 - B. Statistical analysis
 - C. Self-reflection
 - D. Peer pressure
- 2. Which chemotherapy class is noted for having no subclasses?**
 - A. Corticosteroids
 - B. Taxanes
 - C. Alkylating agents
 - D. Purines
- 3. How many calories per kilogram are recommended for sedentary patients?**
 - A. 20 - 25 calories/kg
 - B. 25 - 30 calories/kg
 - C. 30 - 35 calories/kg
 - D. 35 - 40 calories/kg
- 4. What is the most common cancer diagnosed in men?**
 - A. Lung
 - B. Prostate
 - C. Colorectal
 - D. Pancreatic
- 5. What is considered the most common side effect of all cancer treatments?**
 - A. Nausea
 - B. Physical deconditioning
 - C. Fatigue
 - D. Hair loss
- 6. Why should cancer survivors avoid sudden increases in exercise intensity?**
 - A. It may lead to quick improvements in fitness
 - B. It can cause injury and prevent adherence to the program
 - C. It helps in burning more calories
 - D. It is encouraged for better results

- 7. What is the process called when cancer cells penetrate into lymphatic and blood vessels leading to distant spread?**
- A. Invasion
 - B. Metastasis
 - C. Proliferation
 - D. Mutation
- 8. What kind of exercise is particularly beneficial for cancer survivors?**
- A. High-intensity interval training
 - B. Aerobic exercise
 - C. Plyometric exercises
 - D. Yoga only
- 9. What are the three categories of pain severity according to WHO guidelines?**
- A. Mild, moderate, and severe
 - B. Mild, acute, and chronic
 - C. Severe, critical, and mild
 - D. Moderate, severe, and intense
- 10. Which form of exercise is often included in a cancer recovery program to enhance quality of life?**
- A. High-intensity sports
 - B. Recreational activities
 - C. Mindful practices such as yoga
 - D. Only running

Answers

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

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Explanations

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1. Which of the following is a form of self-efficacy according to Social Cognitive Theory?

- A. Modeling**
- B. Statistical analysis
- C. Self-reflection
- D. Peer pressure

Self-efficacy, as described in Social Cognitive Theory, refers to an individual's belief in their own ability to succeed in specific situations or accomplish a task. Modeling is a key component of this theory because it involves learning through the observation of others. When individuals see others successfully performing behaviors, it enhances their belief in their capability to execute similar actions. This process of modeling can significantly impact one's self-efficacy, as witnessing the successes and strategies of others can provide a framework or blueprint that individuals can replicate in their own lives. By seeing someone else achieve a goal or master a skill, a person may become more confident in their ability to create similar outcomes, reinforcing their self-efficacy. The other options do not align directly with the definition of self-efficacy in this context. Self-reflection can contribute to self-efficacy but is less about observational learning or modeling behavior. Peer pressure may influence behaviors but does not inherently build self-efficacy, and statistical analysis is unrelated to individual belief systems or confidence levels. Thus, modeling stands out as the primary form of self-efficacy within the framework of Social Cognitive Theory.

2. Which chemotherapy class is noted for having no subclasses?

- A. Corticosteroids**
- B. Taxanes
- C. Alkylating agents
- D. Purines

Corticosteroids are indeed a class of medications used in cancer treatment, and they are unique in that they do not have subclasses like some of the other chemotherapy drugs. This class primarily functions by reducing inflammation and suppressing the immune system, which can be beneficial in managing cancer and its symptoms. Other chemotherapy classes, such as taxanes and alkylating agents, are subdivided into various subclasses based on their mechanisms of action or chemical structures. For example, taxanes include paclitaxel and docetaxel, while alkylating agents encompass drugs like cyclophosphamide and cisplatin, each with specific characteristics and uses. Purines, on the other hand, refer to a group of drugs that are designed to interfere with purine metabolism, which is crucial for DNA synthesis, leading to cell death in rapidly dividing cells. This class includes purine analogs and shares several structural features, marking it as a category with subclasses. In summary, while many chemotherapy drug classes have distinct subclasses that classify medications into more specific categories, corticosteroids stand out for their more singular classification, aptly described by the quiz question.

3. How many calories per kilogram are recommended for sedentary patients?

- A. 20 - 25 calories/kg
- B. 25 - 30 calories/kg**
- C. 30 - 35 calories/kg
- D. 35 - 40 calories/kg

The recommended caloric intake for sedentary patients is typically in the range of 25 to 30 calories per kilogram of body weight. This recommendation is based on the understanding that sedentary individuals have lower energy expenditure due to a lack of physical activity, which necessitates fewer calories to maintain their weight compared to active individuals. The calculation accounts for the baseline metabolic rate and basic physiological functions required to sustain life, as well as the limited additional energy expenditure that occurs in sedentary lifestyles. Consequently, this caloric range is designed to meet their energy needs without leading to weight gain. A caloric intake lower than this range might not provide sufficient energy for basic daily activities and metabolic processes, while an intake higher than this might lead to excess calories and potential weight gain, especially in a sedentary population. This makes the range of 25 to 30 calories per kilogram a prudent and well-researched guideline for sedentary individuals.

4. What is the most common cancer diagnosed in men?

- A. Lung
- B. Prostate**
- C. Colorectal
- D. Pancreatic

Prostate cancer is the most commonly diagnosed cancer in men, making it a critical health issue for this demographic. According to data from national cancer registries, prostate cancer consistently ranks at the top, with a significant number of new cases reported each year. This prominence is attributed to several factors, including advances in screening methods that have led to earlier detection as well as the generally high prevalence of the disease in older males. The increase in awareness and screening practices such as the PSA (Prostate-Specific Antigen) test has contributed to the high rates of diagnosis. Prostate cancer also tends to manifest with fewer symptoms in the early stages, leading to more men being diagnosed during routine medical exams. Understanding this context facilitates recognizing the importance of regular screenings, especially for men over a certain age or with additional risk factors. In comparison, while lung cancer is a leading cause of cancer-related deaths, it does not outnumber the incidence rates of prostate cancer in men. Colorectal cancer and pancreatic cancer also have significant statistics but fall behind prostate cancer in terms of overall diagnosis frequency. Hence, the designation of prostate cancer as the most commonly diagnosed cancer is firmly supported by epidemiological data.

5. What is considered the most common side effect of all cancer treatments?

- A. Nausea
- B. Physical deconditioning**
- C. Fatigue
- D. Hair loss

Fatigue is recognized as the most common side effect associated with various cancer treatments. This side effect can result from a combination of factors, including the direct impact of the treatment on the body, the disease itself, and the psychological toll of a cancer diagnosis. Patients undergoing chemotherapy, radiation, or other treatments frequently report experiencing fatigue, which can be both physical and mental in nature. This persistent tiredness can significantly impact a patient's quality of life, limiting their ability to engage in daily activities and exercise. Fatigue tends to be more pronounced during treatment and may continue for some time even after treatment has ended, making it a crucial aspect to address in cancer care and rehabilitation. Physical deconditioning, although a significant concern, is often a consequence of fatigue and inactivity rather than a side effect in its own right. Nausea and hair loss, while common side effects of specific treatments like chemotherapy, do not occur with the same prevalence across all cancer treatments as fatigue does. Thus, fatigue stands out as a widespread and ongoing challenge for many cancer patients throughout their treatment journey.

6. Why should cancer survivors avoid sudden increases in exercise intensity?

- A. It may lead to quick improvements in fitness
- B. It can cause injury and prevent adherence to the program**
- C. It helps in burning more calories
- D. It is encouraged for better results

Cancer survivors should avoid sudden increases in exercise intensity because it can lead to injury and hinder their ability to stick with their exercise program. Following a cancer diagnosis and treatment, individuals may experience fatigue, decreased strength, and other side effects that impact their physical capabilities. Abruptly increasing exercise intensity can overwhelm their bodies, increase the risk of strains or sprains, and can also lead to feelings of discouragement, particularly if they are unable to maintain that intensity in the long run. A gradual increase in exercise intensity allows the body to adapt safely, facilitating consistency in the program and promoting sustainable fitness improvements over time. The other choices do not align with the considerations necessary for the health and safety of cancer survivors. Quick improvements in fitness are not a primary focus for this population, as safety and long-term adherence take precedence. While burning more calories may be a goal in some contexts, it should not come at the expense of the individual's well-being or risk injury. Encouraging sudden increases in intensity does not align with the principles of safe exercise programming, which emphasize gradual progression to ensure that participants can remain active and engaged in their recovery and fitness journey.

7. What is the process called when cancer cells penetrate into lymphatic and blood vessels leading to distant spread?

- A. Invasion
- B. Metastasis**
- C. Proliferation
- D. Mutation

Metastasis is the correct term for the process in which cancer cells spread from the original tumor site to distant parts of the body via the lymphatic and blood systems. During metastasis, cancer cells can detach from the primary tumor, traverse into adjacent tissues, invade lymphatic vessels or blood vessels, and establish secondary tumors in other organs or tissues. This capability is a critical characteristic of malignant tumors and distinguishes them from benign tumors, which do not invade surrounding tissues or spread to distant sites. Invasion refers to the localized process where cancer cells infiltrate adjacent tissues but does not encompass the spread to distant sites. Proliferation refers to the rapid increase in the number of cells, which can occur in both healthy and cancerous tissues, but does not specifically involve movement or spread of cells. Mutation involves a change in the DNA sequence of a cell, which can lead to cancer development but does not describe the process of spreading once cancer is already present. Thus, metastasis accurately captures the critical mechanism by which cancer cells disseminate throughout the body.

8. What kind of exercise is particularly beneficial for cancer survivors?

- A. High-intensity interval training
- B. Aerobic exercise**
- C. Plyometric exercises
- D. Yoga only

Aerobic exercise is particularly beneficial for cancer survivors due to its ability to enhance cardiovascular health, improve endurance, and positively affect mood. Engaging in regular aerobic activity has been associated with numerous health benefits for individuals recovering from cancer, such as reducing fatigue, alleviating anxiety and depression, and improving overall quality of life. The physiological adaptations from aerobic exercise, including increased oxygen consumption and improved blood flow, can also support the recovery process and help counteract some of the side effects associated with cancer treatments. While other forms of exercise, such as high-intensity interval training and yoga, can also offer benefits, aerobic exercise is often recommended because it tends to be more accessible and manageable for those who may be experiencing limitations due to their diagnosis or treatment. Furthermore, aerobic exercises can be easily scaled to different fitness levels and can be performed in various settings, making them versatile and suitable for a broader range of cancer survivors.

9. What are the three categories of pain severity according to WHO guidelines?

- A. Mild, moderate, and severe**
- B. Mild, acute, and chronic
- C. Severe, critical, and mild
- D. Moderate, severe, and intense

The World Health Organization (WHO) guidelines classify pain severity into three categories: mild, moderate, and severe. This classification is important in clinical settings, especially when managing pain in patients, including those with cancer. Each category corresponds to specific treatment recommendations and helps healthcare providers assess and address pain effectively. Mild pain is generally considered manageable and may require simple over-the-counter pain relievers. Moderate pain, on the other hand, may need stronger prescription medications or more comprehensive pain management strategies. Severe pain indicates a need for urgent and aggressive treatment options to alleviate suffering and improve the quality of life for patients. This classification streamlines communication among healthcare providers and ensures that patients receive appropriate interventions based on their reported pain levels. The other options do not align with the WHO's specific pain severity framework, which is why they are not correct.

10. Which form of exercise is often included in a cancer recovery program to enhance quality of life?

- A. High-intensity sports
- B. Recreational activities
- C. Mindful practices such as yoga**
- D. Only running

Mindful practices such as yoga are often included in a cancer recovery program because they focus on enhancing not only physical strength and flexibility but also mental well-being and stress management. Yoga incorporates elements of breathing exercises, meditation, and gentle movements that can improve emotional resilience and overall quality of life for cancer survivors. Such practices can significantly reduce anxiety, improve mood, and promote relaxation, making them highly beneficial in a recovery setting. This holistic approach helps to address both the physical and emotional challenges faced during recovery from cancer treatment, aligning with the goals of a comprehensive cancer exercise program. In contrast, high-intensity sports may not be suitable for individuals recovering from cancer due to their potential strain on the body. Recreational activities vary widely in intensity and may not always address the specific needs of recovering individuals. Running, while beneficial for some, may not be appropriate for everyone in recovery, particularly those who have not built up enough strength or endurance post-treatment. Therefore, mindful practices like yoga stand out for their specific benefits tailored to the unique challenges of cancer recovery.

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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