

ACSM CERTIFIED EXERCISE PHYSIOLOGIST (EP-C) PRACTICE EXAM (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. What is the primary method used to estimate body fat using skinfold measurements?**
 - A. Caliper measurements
 - B. Bioelectrical Impedance Analysis
 - C. Body Segment Analysis
 - D. X-ray Absorptiometry
- 2. Hypertension is often referred to as what?**
 - A. The silent killer
 - B. The invisible disease
 - C. The leading cause of heart disease
 - D. The slow killer
- 3. Which term refers to the range of motion at a joint?**
 - A. Flexibility
 - B. Agility
 - C. Balance
 - D. Muscular strength
- 4. During which stage in the transtheoretical model are individuals at the highest risk of relapse?**
 - A. Maintenance
 - B. Preparation
 - C. Action
 - D. Contemplation
- 5. Who needs to be supervised by trained personnel when beginning an exercise program?**
 - A. Individuals with no previous injuries
 - B. Individuals with cardiac, respiratory, metabolic, or musculoskeletal disorders
 - C. Individuals of all fitness levels
 - D. Only those over 60 years of age

- 6. Which of the following factors is necessary to establish if a client is low risk?**
- A. Presence of cardiovascular disease
 - B. The individual must have at least one risk factor
 - C. Less than 2 risk factors and must be asymptomatic
 - D. Symptom check from a physician
- 7. When is exercise testing recommended?**
- A. For low-risk individuals
 - B. For moderate-risk individuals
 - C. For high-risk individuals
 - D. For asymptomatic individuals
- 8. What characterizes isokinetic training?**
- A. Constant angular limb velocity during muscle actions
 - B. Assessment primarily using free weights
 - C. Use of high resistance with low repetitions
 - D. Involvement of balance-based exercises
- 9. Which method measures body density through body volume calculation?**
- A. Air displacement plethysmography
 - B. Hydrostatic weighing
 - C. DEXA
 - D. Skinfold measurements
- 10. What does CRPD stand for?**
- A. Chronic respiratory pulmonary disorder
 - B. Chronic restrictive pulmonary disease
 - C. Chronic relapsing pulmonary disease
 - D. Chronic reactive pulmonary dysfunction

Answers

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

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Explanations

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1. What is the primary method used to estimate body fat using skinfold measurements?

- A. Caliper measurements**
- B. Bioelectrical Impedance Analysis
- C. Body Segment Analysis
- D. X-ray Absorptiometry

The primary method used to estimate body fat using skinfold measurements is through caliper measurements. This technique involves using skinfold calipers to pinch and measure the thickness of skinfolds at specific sites on the body. The rationale behind this method is that the amount of subcutaneous fat can be indicative of total body fat, as subcutaneous fat represents a significant portion of overall body fat. Calipers provide a simple and relatively inexpensive way to collect these measurements, which can then be entered into equations or formulas to estimate body fat percentage. These equations often incorporate factors such as age and gender to enhance the accuracy of the body fat estimation. The other methods listed, such as Bioelectrical Impedance Analysis, Body Segment Analysis, and X-ray Absorptiometry, are distinct techniques not directly related to skinfold measurement. Bioelectrical Impedance Analysis uses electrical conductivity through the body to assess composition, Body Segment Analysis focuses on different body segments for muscle and fat distribution, and X-ray Absorptiometry employs low-level X-rays to determine body composition. While these methods may offer valuable insights into body composition, they do not utilize skinfold caliper measurements as their primary means of estimating body fat.

2. Hypertension is often referred to as what?

- A. The silent killer**
- B. The invisible disease
- C. The leading cause of heart disease
- D. The slow killer

Hypertension is often referred to as "the silent killer" because it typically presents with no noticeable symptoms, even though it may lead to significant health issues over time, such as heart disease, stroke, and kidney damage. This term highlights the danger of living with high blood pressure without being aware of it, which can cause individuals to overlook the need for regular screening and management. Misleadingly, terms like "the invisible disease" and "the slow killer" may convey similar ideas about the insidious nature of hypertension, but they are not commonly used in clinical practice to describe it. While it is true that hypertension can contribute significantly to heart disease, it is primarily the lack of symptoms that earns it the label of "the silent killer," stressing the importance of ongoing monitoring and preventive measures to combat its prevalence.

3. Which term refers to the range of motion at a joint?

- A. Flexibility**
- B. Agility
- C. Balance
- D. Muscular strength

Flexibility is the term that specifically refers to the range of motion at a joint. It is defined as the ability of a muscle or muscle groups to lengthen passively through the range of motion. Greater flexibility allows for a more extensive movement around a joint, which is crucial for various physical activities and can help prevent injuries. In contrast, other terms like agility relate to the ability to move quickly and change direction efficiently, balance pertains to the ability to maintain the body's center of mass over its base of support, and muscular strength refers to the maximum amount of force a muscle or muscle group can produce. Each of these concepts is important in physical fitness, but flexibility directly addresses the aspect of joint range of motion.

4. During which stage in the transtheoretical model are individuals at the highest risk of relapse?

- A. Maintenance
- B. Preparation
- C. Action**
- D. Contemplation

In the transtheoretical model, individuals in the action stage are indeed at the highest risk of relapse. This stage is characterized by individuals actively engaging in new behaviors for less than six months. While they are making significant changes and have often made observable progress, the new behaviors are not yet fully ingrained as habits. This transitional phase can be quite challenging as the individual must overcome established habits and potential environmental triggers that may lead them back to previous behaviors. External factors such as stress, social pressures, and feelings of discomfort associated with change can contribute to a relapse during this time. In contrast, other stages such as maintenance involve individuals who have integrated the new behaviors for more than six months and are more stable in their commitment to these changes, which greatly reduces their risk of relapse.

5. Who needs to be supervised by trained personnel when beginning an exercise program?

- A. Individuals with no previous injuries
- B. Individuals with cardiac, respiratory, metabolic, or musculoskeletal disorders**
- C. Individuals of all fitness levels
- D. Only those over 60 years of age

Individuals with cardiac, respiratory, metabolic, or musculoskeletal disorders require supervision by trained personnel when starting an exercise program due to the increased risk of complications associated with their conditions. These individuals may have specific physiological limitations or health concerns that can affect their ability to safely engage in physical activity. Supervision ensures that exercises are performed safely and effectively, allowing for appropriate monitoring of vital signs, modifications to exercise protocols, and immediate intervention if any issues arise. Trained personnel can provide personalized guidance, ensuring that exercises meet the individual's needs while minimizing the risk of exacerbating their condition. This approach is essential for facilitating safe participation in exercise and promoting long-term adherence to physical activity, which can significantly enhance their overall health and quality of life.

6. Which of the following factors is necessary to establish if a client is low risk?

- A. Presence of cardiovascular disease
- B. The individual must have at least one risk factor
- C. Less than 2 risk factors and must be asymptomatic**
- D. Symptom check from a physician

To determine if a client is considered low risk, the client must have fewer than two risk factors and be asymptomatic. This criterion is essential because it aligns with the stratification of health risks associated with exercise. When an individual has no more than one risk factor, they are generally deemed to have a lower likelihood of experiencing adverse events during exercise. Additionally, being asymptomatic indicates that there are no present symptoms suggesting cardiovascular or other health issues. This combination of criteria helps professionals in the exercise field to reassure that the individual is appropriately low risk for exercise participation. In contrast, the other options do not fulfill the definition of low risk. The presence of cardiovascular disease clearly indicates an elevated health risk. Having at least one risk factor does not suffice for a low-risk classification, as more than one can escalate risk levels. A symptom check from a physician may be a part of the overall assessment process but does not specifically establish low risk in the same way as having fewer than two risk factors and being asymptomatic does.

7. When is exercise testing recommended?

- A. For low-risk individuals
- B. For moderate-risk individuals
- C. For high-risk individuals**
- D. For asymptomatic individuals

Exercise testing is particularly recommended for high-risk individuals due to the increased likelihood of underlying cardiovascular or health issues that could be exacerbated by exercise. High-risk individuals may have a history of heart disease, significant risk factors such as diabetes or hypertension, or may be exhibiting symptoms related to their cardiovascular health. Conducting exercise testing for this group allows for a safe assessment of exercise capacity and can help in determining the appropriateness of exercise prescriptions. Additionally, it can identify any potential exercise-induced complications, which is crucial for tailoring a safe and effective exercise program. In contrast, exercise testing is generally not necessary for low-risk individuals who can safely participate in moderate-intensity physical activity without the need for medical supervision. Moderate-risk individuals may not require testing unless they have specific concerns or signs that warrant closer scrutiny. Asymptomatic individuals also typically do not need exercise testing unless they are engaging in vigorous physical activity or have other risk factors that may necessitate a more detailed assessment.

8. What characterizes isokinetic training?

A. Constant angular limb velocity during muscle actions

B. Assessment primarily using free weights

C. Use of high resistance with low repetitions

D. Involvement of balance-based exercises

Isokinetic training is characterized by the maintenance of a constant angular velocity throughout the entire range of motion during muscle contractions. This means that the speed of the movement remains unchanged, regardless of the force exerted by the individual. This type of training is commonly achieved through the use of specialized equipment that adjusts the resistance to match the force applied by the user, ensuring that the velocity remains constant. This characteristic differentiates isokinetic training from other forms of resistance training, which may involve variable speeds and resistance levels, such as free-weight exercises or traditional strength training routines. By maintaining a constant speed, isokinetic training allows for a controlled environment where the strength and endurance of muscles can be assessed and improved more reliably across different phases of motion.

9. Which method measures body density through body volume calculation?

A. Air displacement plethysmography

B. Hydrostatic weighing

C. DEXA

D. Skinfold measurements

Hydrostatic weighing is a method that measures body density through body volume calculation. This technique involves submerging a person in water to determine their body volume based on the water displacement. The principle behind this method is Archimedes' principle, which states that an object submerged in a fluid experiences a buoyant force equal to the weight of the fluid displaced. By measuring both the person's weight in air and the weight while submerged, one can calculate body density using the formula: $\text{Body Density} = \frac{\text{Weight in Air}}{(\text{Weight in Air} - \text{Weight in Water})}$. This calculation provides a precise estimate of body density, which is an essential component in assessing body composition, as it allows for the differentiation between lean mass and body fat. In contrast, methods such as air displacement plethysmography, DEXA, and skinfold measurements do not directly calculate body density through volume displacement in water. Air displacement plethysmography uses changes in air pressure in a closed chamber, DEXA employs dual-energy X-ray absorptiometry to measure bone mineral density and soft tissue composition, and skinfold measurements rely on calipers to estimate subcutaneous fat thickness. Thus, while all these methods assess body composition in some form, hydrostatic weighing is uniquely associated with direct

10. What does CRPD stand for?

A. Chronic respiratory pulmonary disorder

B. Chronic restrictive pulmonary disease

C. Chronic relapsing pulmonary disease

D. Chronic reactive pulmonary dysfunction

The term CRPD stands for Chronic Restrictive Pulmonary Disease. This condition is characterized by a restriction in lung expansion, leading to a decrease in lung volume and an overall decline in the ability to take in and effectively utilize air. It encompasses various diseases and conditions that restrict lung expansion, such as pulmonary fibrosis or pleural effusion, where inflammation or scarring of lung tissue results in reduced lung capacity. Understanding CRPD is important for exercise physiologists, as they need to be aware of how restrictive lung diseases impact exercise tolerance, respiratory function, and overall health in clients. This knowledge helps in designing safe and effective exercise programs tailored to individuals with such conditions.

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://acsmcertifiedexercisephysiologist.examzify.com>

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

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