

010-111^{Q&As}

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QUESTION 1

Which is the most important exercise to include in an overall training plan for an apparently healthy automobile mechanic who performs daily overhead movements?

- A. Lat pulldown
- B. Upright row
- C. Biceps curl
- D. Shoulder press

Correct Answer: D

QUESTION 2

What is an appropriate precaution and/or modification for exercising in higher ambient temperatures?

- A. Take salt tablets.
- B. Drink eight ounces of water once per hour.
- C. Select proper loose fitting, lightweight clothing.
- D. Train in clothes designed to trap and hold body heat.

Correct Answer: C

QUESTION 3

What tends to cause the symptoms of soreness that occur at 24-48 hours after a single bout of intensive exercise?

- A. Lactic acid buildup
- B. Glycogen depletion
- C. Muscle fiber damage
- D. Excessive cortisol secretion

Correct Answer: C

QUESTION 4

What is the correct path of blood flow through the chambers of the heart?

- A. Left ventricle; left atrium; right atrium; right ventricle.

- B. Right ventricle; right atrium; left atrium; left ventricle.
- C. Left atrium; right atrium; left ventricle; right ventricle.
- D. Right atrium; right ventricle; left atrium; left ventricle.

Correct Answer: D

QUESTION 5

Immediately following a chest and shoulder workout a 55-year-old male executive complains of a "dull ache" in the left side of the chest that is aggravated by respiration. What would you consider is the source of the pain?

- A. Cardiac
- B. Muscular
- C. Respiratory
- D. Soreness

Correct Answer: B

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