

010-111^{Q&As}

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QUESTION 1

Why is a cool-down period important?

- A. Prevents heat stroke
- B. Helps prevent injuries
- C. Reduces brain blood flow back to normal
- D. Returns pooled blood back to central circulation

Correct Answer: D

QUESTION 2

What is the equivalent of 2.5 pounds (1.13 kg) of body fat in kilocalories?

- A. 5250 kilocalories
- B. 7000 kilocalories
- C. 8000 kilocalories
- D. 8750 kilocalories

Correct Answer: D

QUESTION 3

What is most likely the cause of light-headedness and dizziness experienced by an older adult who moves from a lying to a standing position?

- A. Decreased venous return
- B. Increased blood pressure
- C. Increased stroke volume
- D. Decreased heart rate

Correct Answer: A

QUESTION 4

Which of the following indicates the reason why a female who is pregnant should avoid exercise in the supine position after the first trimester?

- A. obstruction of arterial blood flow
- B. risk of orthostatic hypotension due to obstructed venous return
- C. obstruction of the diaphragm
- D. risk of decreased oxygen consumption due to pressure on the uterus

Correct Answer: B

QUESTION 5

According to the Food Guide Pyramid, how should fats and oils be used in the diet?

- A. Sparingly
- B. Equal the daily intake of protein
- C. Be consumed only with breakfast
- D. Should make up at least 30% of each meal

Correct Answer: A

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