

020-222^{Q&As}

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QUESTION 1

Given the sensitivity of the exercise ECG, stress testing conducted on 100 cardiac rehabilitation clients with documented CAD would be expected to produce what results?

- A. All 100 clients show ECG indicators of CAD.
- B. Approximately 50 clients show ECG indicators of CAD.
- C. Approximately 30 clients would show ECG indicators of CAD.
- D. Approximately 70 clients would show ECG indicators of CAD.

Correct Answer: D

QUESTION 2

A client must be given specific instructions for the days preceding a fitness assessment. Which of the following is NOT a necessary instruction to a client for a fitness assessment?

- A. Men and women should avoid liquids for 12 hours before the test.
- B. Clients should be instructed to avoid alcohol, tobacco products, or caffeine at least 3 hours before the test.
- C. Clients should avoid strenuous exercise or physical activity on the day of the test.
- D. Men and women should be instructed to get an adequate amount of sleep the night before the assessment.

Correct Answer: A

QUESTION 3

Which of the following would most appropriately assess a previously sedentary, 40-year-old female client's muscular strength?

- A. Using a 30-pound (18-kg) barbell to perform biceps curls to fatigue.
- B. Holding a handgrip dynamometer at 15 pounds (7 kg) to fatigue.
- C. Performing modified curl-ups to fatigue.
- D. Using a 5-pound (2.2-kg) dumbbell to perform multiple sets of biceps curls to fatigue.

Correct Answer: A

QUESTION 4

Category 1 medications include all of the following EXCEPT

- A. Lidocaine.
- B. Oxygen.
- C. Xylocaine.
- D. Epinephrine.

Correct Answer: C

QUESTION 5

The physician's role in an emergency plan is

- A. Not important, because most facilities are hospital-based and the emergency room is nearby.
- B. Not significant, because a physician is not necessary when testing is conducted.
- C. An agency that certifies a managed care organization.
- D. Critical, because the physician must be present and can handle any emergency situation.

Correct Answer: C

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