

040-444^{Q&As}

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QUESTION 1

Although 12-lead testing is the optimal ECG configuration, if only one lead can be used, which one should it be?

- A. Lead II.
- B. Lead AVL
- C. Lead V5
- D. Lead V1

Correct Answer: C

QUESTION 2

What is the fitness instructor's primary responsibility in conducting an exercise test?

- A. Maintaining a safe environment by not putting the client in danger.
- B. Making sure that the data collected are accurate.
- C. Completing the test.
- D. Encouragement and support.

Correct Answer: A

QUESTION 3

Documentation in the context of emergency response commonly refers to

- A. Records of each exercise session.
- B. Records of attendance.
- C. Records of all emergency situations.
- D. Manuals for all emergency equipment.

Correct Answer: C

QUESTION 4

A client who has a measured FVC of 3.5 L and can expel 3.1 L within 1 second has

- A. An obstructive defect.
- B. A restrictive defect.

- C. An FEV of 3.1.
- D. An FEV of 89%.

Correct Answer: D

QUESTION 5

The concept of shaping refers to

- A. Using self-monitoring techniques (e.g., exercise logs).
- B. Using visual prompts (e.g., packing a gym bag the night before) as reminders to exercise.
- C. The process for establishing self-efficacy.
- D. Setting intermediate goals that lead to a long-term goal.

Correct Answer: D

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