

040-444^{Q&As}

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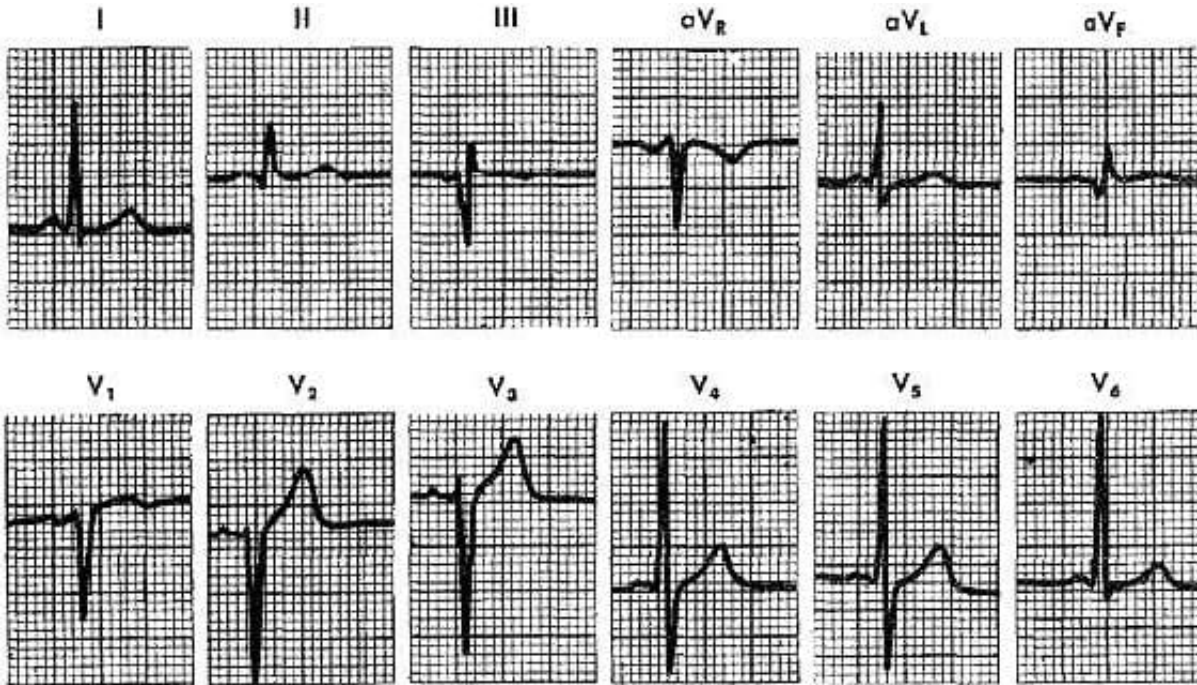
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QUESTION 1

In the ECG strip shown below, what disorder is indicated?



- A. Acute pericarditis.
- B. Inferior MI.
- C. Posterior MI.
- D. Anterior MI. (From Goldberger AL: Clinical Electrocardiography: A Simplified Approach, 6th ed. St. Louis, Mosby, 1999, p 91.)

Correct Answer: B

QUESTION 2

What do effective program administration and management create and/or reduce?

- A. They create problems with staff egos.
- B. They reduce memberships.
- C. They create successful programs and reduce problems.
- D. They create more work for the staff and reduce feedback.

Correct Answer: C

QUESTION 3

What common medication taken by clients with end-stage renal disease requires careful management for those undergoing hemodialysis?

- A. Antihypertensive medication.
- B. Lithium.
- C. Cholestyramine.
- D. Cromolyn sodium.

Correct Answer: A

QUESTION 4

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 5

Which of the following statements regarding exercise for the elderly is FALSE?

- A. Resistance exercise training is not recommended for older adults.
- B. A loss of fat-free mass is responsible for the decrease in muscular strength as we age.
- C. The ACSM recommends a cardiorespiratory training intensity of 50% to 70% of HRR for older adults.
- D. A decrease in maximal HR is responsible for reductions in the maximal oxygen consumption as we age.

Correct Answer: A

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