

040-444^{Q&As}

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QUESTION 1

The energy to perform long-term exercise (> or = 15 min) comes primarily from

- A. Aerobic metabolism.
- B. A combination of aerobic and anaerobic metabolism, with anaerobic metabolism producing the bulk of the ATP.
- C. Anaerobic metabolism.
- D. None of the above.

Correct Answer: A

QUESTION 2

Two individuals have the same body weight, gender, ethnic background, and skinfold measurement results. One is 25 years old; the other is 45 years. Given this scenario, which of the following statements is TRUE?

- A. They both have the same percentage of body fat.
- B. The 25-year-old individual is fatter.
- C. The 45-year-old individual is fatter.
- D. Who is fatter cannot be determined from the information given.

Correct Answer: C

QUESTION 3

Emerging risk factors for CAD include

- A. Advancing age, family history, and male sex.
- B. Impaired fasting glucose, obesity, and hypertension.
- C. Lipoprotein(a), advancing age, and male sex.
- D. Homocysteine, lipoprotein(a), and fibrinogen.

Correct Answer: D

QUESTION 4

The appropriate exercise HR for an individual on β -blocking medication would generally be

- A. 75% of HRR.

B. 30bpm above the standing resting HR.

C. 40% of HRR.

D. $(220 - \text{age}) \times 0.85$.

Correct Answer: A

QUESTION 5

During exercise of increasing intensity, the SV of normal adults

A. Continues to increase throughout the duration of exercise up to Vo_2max .

B. Remains relatively stable during submaximal exercise of greater than approximately 50% of Vo_2max .

C. Will continue to increase and then level off just before the achievement of Vo_2max .

D. None of the above.

Correct Answer: B

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