

040-444^{Q&As}

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QUESTION 1

Emergency procedures and safety include which of the following?

- A. Injury prevention.
- B. Basic principles for exercise training.
- C. Metabolic injuries.
- D. Emergency consequences.

Correct Answer: A

QUESTION 2

Muscular endurance training is best accomplished by

- A. Performing four to six repetitions per set.
- B. Using high resistance.
- C. Incorporating high repetitions.
- D. Performing isometric exercises only.

Correct Answer: C

QUESTION 3

Which of the following statements regarding cooldown is FALSE?

- A. The emphasis should be large muscle activity performed at a low to moderate intensity.
- B. Increasing venous return should be a priority during cool-down.
- C. The potential for improving flexibility may be improved during cool-down as compared with warm-up.
- D. Between 1 and 2 minutes are recommended for an adequate cool-down.

Correct Answer: D

QUESTION 4

The primary effects of chronic exercise training on lipid values are

- A. Decreased triglycerides and increased HDL.
- B. Decreased TC and LDL.

- C. Decreased HDL and increased LDL.
- D. Decreased TC and increased HDL.

Correct Answer: A

QUESTION 5

An individual would not increase self-efficacy by

- A. Performance accomplishments.
- B. Vicarious experience.
- C. Verbal persuasion.
- D. Using a decisional balance sheet.

Correct Answer: D

QUESTION 6

Special precautions for clients with hypertension include all of the following EXCEPT:

- A. Avoiding muscle strengthening exercises that involve low resistance.
- B. Avoiding activities that involve the Valsalva maneuver.
- C. Monitoring a client who is taking diuretics for arrhythmias.
- D. Avoiding exercise if resting systolic BP is greater than 200 mm Hg or diastolic BP is greater than 115 mm Hg.

Correct Answer: A

QUESTION 7

The motor neuron and all the muscle fibers it innervates are called a

- A. Motor junction.
- B. Motor unit.
- C. Motor end plate.
- D. None of the above.

Correct Answer: B

QUESTION 8

All of the following are considered possible causes of restrictive lung disease EXCEPT

- A. Scoliosis.
- B. Obesity.
- C. Muscular dystrophy.
- D. Cigarette smoke.

Correct Answer: D

QUESTION 9

What is the relative oxygen cost of bench stepping at a rate of 24 steps per minute up a 10-inch stepping box? The individual weighs 140 pounds.

- A. 12.91mL . kg⁻¹ . min⁻¹
- B. 14.61mL . kg⁻¹ . min⁻¹
- C. 16.41mL . kg⁻¹ . min⁻¹
- D. 22.89mL . kg⁻¹ . min⁻¹

Correct Answer: D

QUESTION 10

Increased after load associated with increased peripheral resistance as a result of aging causes

- A. Left ventricular hypertrophy.
- B. Kidney failure.
- C. Liver damage.
- D. Liver failure.

Correct Answer: A

QUESTION 11

Serious complications during an exercise session

- A. Occur more often with women.
- B. Rarely occur.
- C. Occur at a rate of 1 in 3,000 hours of exercise.

D. Occur more often during the late hours because of client fatigue.

Correct Answer: B

QUESTION 12

A limitation of psychological theories is

- A. They do not reinforce behavior.
- B. They leave out important elements (e.g., sociocultural factors).
- C. They make too many assumptions.
- D. They cannot evaluate programs.

Correct Answer: B

QUESTION 13

All of the following factors are important to consider when determining exercise intensity EXCEPT

- A. An individual's level of fitness.
- B. The risk of cardiovascular or orthopedic injury.
- C. Any previous history participating in organized sports.
- D. Individual preference and exercise objectives.

Correct Answer: C

QUESTION 14

What is the best way that an administrator can educate the fitness staff?

- A. Voicing his or her opinion.
- B. Joining fitness organizations, and subscribing to fitness journals.
- C. Buying fitness videos.
- D. Reading the newspaper.

Correct Answer: B

QUESTION 15

Which of the following actions involving termination of exercise testing is correct?

- A. Immediately terminate the test if muscular fatigue occurs.
- B. Initiate the test termination process when cardiac complications occur.
- C. Initiate the test termination process when intermittent premature ventricular contractions are detected on ECG.
- D. Immediately terminate the test when intermittent premature ventricular contractions are detected on ECG.

Correct Answer: C

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