



010-111^{Q&As}

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QUESTION 1

Which muscle is a major agonist for hip abduction?

- A. Sartorius
- B. Gracilis
- C. Rectus femoris
- D. Gluteus maximus

Correct Answer: A

QUESTION 2

Case study: After demonstrating a variety of weight training exercises to a new client, you ask if she has any questions. The client does not have any questions even though you observe her performing an exercise with improper form.

After re-teaching the exercise, you should then reframe your questions to be more specific in order to

_____.

- A. check for safety
- B. demonstrate their mistake
- C. demonstrate your knowledge
- D. check for understanding

Correct Answer: D

QUESTION 3

For your client who is training outside in 90° (32°) weather at a moderate intensity, how often should they drink water?

- A. Once every 15 minutes.
- B. Once every 30 minutes.
- C. Once every 60 minutes.
- D. Only when they are thirsty.

Correct Answer: A

QUESTION 4

Which of the following points should NOT be included in an Informed Consent document regarding fitness testing?



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- A. Statement that the patient has been given an opportunity to ask questions about procedures
 - B. Reminder that the client is free to stop the test at any point
 - C. Warning that death could result from participation
 - D. Identical language for both diagnostic and prescriptive tests

Correct Answer: D

QUESTION 5

Downhill running is characterized by eccentric activation of the _____.

- A. hamstrings
- B. transverse abdominus
- C. brachioradialis
- D. quadriceps

Correct Answer: D

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