



010-111^{Q&As}

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QUESTION 1

You are demonstrating how to stretch to your client. Which statement about technique is correct?

- A. Increase range of stretch during exhalation.
- B. Increase range of stretch using a slight bouncing movement.
- C. Increase range of stretch while breath holding.
- D. Increase range of stretch during inhalation.

Correct Answer: A

QUESTION 2

The acronym IDEA includes which of the following steps to solve a problem?

- A. Identifying the client's response
- B. Developing a list of solutions
- C. Evaluating the client's response
- D. Analyzing the consequences

Correct Answer: B

QUESTION 3

With respect to the exercise prescription for children (defined as

- A. adult guidelines for resistance training can generally be applied
- B. treadmill exercise is not a suitable mode of testing
- C. exercise should be limited to 3-4 d/wk-1
- D. vigorous activity should be avoided in this population

Correct Answer: A

QUESTION 4

What is bradycardia?

- A. Heart rate less than 60 beats per minute
- B. Heart rate greater than 100 beats per minute



- C. Heart rate between 70 and 80 beats per minute
- D. Heart rate between 90 and 100 beats per minute

Correct Answer: A

QUESTION 5

Client pre-participation screening procedures should be _____.

- A. valid and include fitness testing at the first meeting
- B. pre-approved by a physician and cost effective
- C. valid, cost effective and time efficient
- D. pre-approved by a physician and include fitness testing at the first meeting

Correct Answer: C

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