



010-111^{Q&As}

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QUESTION 1

Which of the following blood lipids is influenced more by physical activity than by nutrition modification?

- A. LDL
- B. HDL
- C. VLDL
- D. Total cholesterol

Correct Answer: B

QUESTION 2

Your client is wearing a heart rate monitor while performing a 1.5 mile run to assess aerobic capacity. During the test, your client reaches 85% of her age-predicted heart rate maximum. With this information, you should _____.

- A. continue the test until she reaches 100% of her age-predicted heart rate maximum
- B. terminate the test for safety purposes
- C. continue the test if there is otherwise no reason to believe that the client has reached aerobic capacity
- D. terminate the test if you continue to observe a steady increase in heart rate with increasing workload

Correct Answer: C

QUESTION 3

What is a result of resistance training in adolescents?

- A. It promotes muscular strength.
- B. It increases muscular bulk.
- C. It increases the risk of osteoporosis.
- D. It causes permanent musculoskeletal damage.

Correct Answer: A

QUESTION 4

Which of the following factors affect intensity of lower body plyometric drills?

- A. speed, height of the drill, and body weight
- B. speed, range of motion, and reaction time



C. strength of the athlete, points of contact, and flexibility

D. strength of the athlete, height of the drill, and reaction time

Correct Answer: A

QUESTION 5

Which body fat distribution pattern is most commonly associated with an increased risk of metabolic disease?

A. Gynoid

B. Android

C. Ectomorph

D. Mesomorph

Correct Answer: B

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