



010-111^{Q&As}

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QUESTION 1

Cardiovascular adaptations to chronic endurance training include a(n) _____ at a given fixed submaximal exercise intensity.

- A. decrease in stroke volume and heart rate
- B. increase in stroke volume and heart rate
- C. increase in stroke volume and a decrease in heart rate
- D. decrease in stroke volume and increase in heart rate

Correct Answer: C

QUESTION 2

Your client reports ankle edema. What would a certified Personal Trainer look for?

- A. Pain
- B. Atrophy
- C. Swelling
- D. Red coloration

Correct Answer: C

QUESTION 3

Stimulus control as a behavioral strategy to enhance exercise adherence can best be described as:

- A. utilizing environmental cues to remind participants to maintain their commitment to exercise.
- B. establishing realistic expectations and avoiding overly pessimistic or optimistic expectations.
- C. developing a behavioral contract, signed by the participant that formalizes their commitment to exercise.
- D. orienting participants to the advantages and disadvantages of exercise.

Correct Answer: A

QUESTION 4

What is the minimum duration of an moderate intensity intermittent bout of aerobic activity to promote and maintain health?

- A. 10 minutes



- B. 15 minutes
- C. 20 minutes
- D. 30 minutes

Correct Answer: A

QUESTION 5

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

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