



010-111^{Q&As}

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QUESTION 1

As described by the American College of Sports Medicine, proper technique during the push-up test involves _____.

- A. timing the number of push-ups performed in two minutes
- B. requiring both female and male subjects to use the toes as the pivotal point of movement
- C. allowing a slight (20° elbow flexion at the";to"; of the movement
- D. stopping the test when the subject strains forcibly

Correct Answer: D

QUESTION 2

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

QUESTION 3

Who should obtain a physician's clearance before starting an exercise program?

- A. Every individual who is beginning an exercise program.
- B. Sedentary individuals who are going to perform vigorous exercise.
- C. Those who are considered low risk and perform only moderate exercise.
- D. Men who are younger than 45 years of age and women who are younger than 55 years of age.

Correct Answer: B

QUESTION 4

What is the typical resting blood pressure response to long term aerobic exercise in a hypertensive individual?

- A. Both systolic and diastolic pressures will increase.
- B. Both systolic and diastolic pressures will decrease.



- C. Systolic will increase, while diastolic will remain unchanged.
- D. Systolic will decrease, while diastolic will remain unchanged.

Correct Answer: B

QUESTION 5

You have a new male client who is 68" (1.73m) tall, 36 years old, weighs 194 lbs (88 kg) and is cleared by his physician to begin an exercise program of moderate intensity. Which constitutes a SMART weight loss goal for him?

- A. Lose 2 lbs (0.9 kg) per week by swimming 60-90 minutes, three times a week.
- B. Lose 1-2 lbs (0.45-0.9 kg) per week by walking 40 minutes, 5 times a week at 3.8 mph (6.1 km/hr) on the treadmill.
- C. Lose 3-4 lbs (1.4-1.8 kg) per week by bicycling an hour daily around the neighborhood.
- D. Lose 2 lbs (0.9 kg) per week by maintaining a 1200 calorie diet and doing aqua aerobics threetimes a week.

Correct Answer: B

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