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QUESTION 1

Which of the following statements about emergency equipment is MOST important?

- A. Each piece of equipment should be painted a specific color for easy identification.
- B. Use of emergency equipment should be practiced routinely.
- C. Emergency equipment should include pencils, not pens.
- D. Emergency equipment should be kept clean at all times.

Correct Answer: B

QUESTION 2

Safety procedures for clinical staff help protect them from

- A. Bloodborne pathogens.
- B. Theft.
- C. Violent patients.
- D. Work-related injuries.

Correct Answer: A

QUESTION 3

Identifying a patient's risk of complications is important. Which of the following is NOT considered to be a common aspect of the risk identification process?

- A. Laboratory results.
- B. Assessment of cardiac risk.
- C. Review of medical history.
- D. Assessment of work history.

Correct Answer: D

QUESTION 4



The most accurate screening method for signs and symptoms of CAD is a

- A. Maximal exercise test with a 12-lead ECG.
- B. Submaximal exercise test with a 12-lead ECG.
- C. Discontinuous protocol, stopping at 85% of maximal heart rate.
- D. Continuous protocol, stopping at 85% of maximal heart rate.

Correct Answer: A

QUESTION 5

How should a fitness instructor advise a client with regard to progression of the exercise program?

- A. The progression should be gradual and slow.
- B. The progression should be at specific increments based on a calendar schedule (e.g. add 10% every 2 weeks).
- C. Be aggressive in increasing the program to increase fitness
- D. Progress the program only when the client feels ready.

Correct Answer: A

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