



020-222^{Q&As}

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QUESTION 1

Which of the following is NOT a principle of low back care?

- A. Abdominal curl-ups/
- B. Unloaded flexion/extension of the spine.
- C. Neutral spine during all exercises.
- D. Controlled leg press or squat with light weights.

Correct Answer: D

QUESTION 2

Although 12-lead testing is the optimal ECG configuration, if only one lead can be used, which one should it be?

- A. Lead II.
- B. Lead AVL.
- C. Lead V5
- D. Lead V1

Correct Answer: C

QUESTION 3

How can exercise equipment add to the risk of participation?

- A. Because it is expensive.
- B. Because it is hard to move.
- C. Because it is used incorrectly.
- D. Because of the time one waits to use it.

Correct Answer: C

QUESTION 4

Two individuals have the same body weight, gender, ethnic background, and skinfold measurement results. One is 25



years old; the other is 45 years. Given this scenmio, which of the following statements is TRUE?

- A. They both have the same percentage of body fat.
- B. The 25-year-old individual is fatter.
- C. The 45-year-old individual is fatter.
- D. Who is fatter cannot be determined from the information given.

Correct Answer: C

QUESTION 5

What is OSHA?

- A. A state agency that licenses medical facilities.
- B. A federal agency that sets standards for staff and patient safety.
- C. An agency that certifies a managed care organization.
- D. A state agency that inspects emergency protocols within medical facilities.

Correct Answer: B

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