



030-333^{Q&As}

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QUESTION 1

Symptoms of claudication include:

- A. Cramping, burning, and tightness in the calf muscle, usually triggered by activity and relieved with rest.
- B. Acute, sharp pain in the foot on palpation at rest.
- C. Crepitus in the knee during cycling.
- D. Pitting ankle edema at a rating of 3 +

Correct Answer: A

QUESTION 2

The exercise leader or health/fitness instructor should modify exercise sessions for participants with hypertension by:

- A. Shortening the cool-down to less than 5 minutes.
- B. Eliminating resistance training completely.
- C. Prolonging the cool-down.
- D. Implementing high-intensity (>85% of HRR), short-duration intervals.

Correct Answer: C

QUESTION 3

At what running speed would you set a level treadmill at to elicit an $\dot{V}O_2$ of $40 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$?

- A. 5.0 mph
- B. 6.8 mph

18.25 $\text{m} \cdot \text{min}^{-1}$

- C.
- D. 18.25 mph

Correct Answer: B

QUESTION 4

Which of the following statements regarding cooldown is FALSE?



- A. The emphasis should be large muscle activity performed at a low to moderate intensity.
- B. Increasing venous return should be a priority during cool-down.
- C. The potential for improving flexibility may be improved during cool-down as compared with warm-up.
- D. Between 1 and 2 minutes are recommended for an adequate cool-down.

Correct Answer: D

QUESTION 5

Which of the following is NOT a benefit of increased flexibility?

- A. Increased muscle viscosity, allowing easier and smoother contractions.
- B. Reduced muscle tension and increased relaxation.
- C. Improved coordination by allowing greater ease of movement.
- D. Increased ROM.

Correct Answer: A

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