



030-333^{Q&As}

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QUESTION 1

At what running speed would you set a level treadmill at to elicit an Vo_2 of $40 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$?

A. 5.0 mph

B. 6.8 mph

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

D.

D. 18.25 mph

Correct Answer: B

QUESTION 2

What is the relative oxygen cost of bench stepping at a rate of 24 steps per minute up a 10-inch stepping box? The individual weighs 140 pounds.

A. $12.91 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$

B. $14.61 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$

C. $16.41 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$

D. $22.89 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: D

QUESTION 3

The BMI is calculated using which of the following formulas?

A. Weight/hip circumference.

B. Weight/height².

C. Height/weight².

D. Hip circumference/height.

Correct Answer: B



QUESTION 4

Treatment for claudication during exercise includes all of the following EXCEPT

- A. Daily exercise sessions.
- B. Intensity of activity to maximal tolerable pain, with intermittent rest periods.
- C. Cardiorespiratory building activities that are nonweight bearing if the plan is to work on longer duration and higher intensity to elicit a cardiorespiratory training effect.
- D. Stopping activity at the onset of claudication discomfort to avoid further vascular damage from ischemia.

Correct Answer: D

QUESTION 5

All of the following are examples of aerobic exercise modalities EXCEPT

- A. Weight training.
- B. Walking.
- C. Bicycling.
- D. Stair climbing.

Correct Answer: A

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