



040-444^{Q&As}

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QUESTION 1

Examples of program records include

- A. Client progress and outcomes.
- B. Member needs.
- C. Performance of clients on selected exercises.
- D. Member suggestions and any actions taken regarding them.

Correct Answer: A

QUESTION 2

Hydrodensitometry (hydrostatic weighing, underwater weighing) has several sources of error. Which of the following is NOT a common source of error when using this technique to determine body composition?

- A. Measurement of the vital capacity of the lungs.
- B. Interindividual variability in the amount of air in the gastrointestinal tract.
- C. Interindividual variability in the density of the individual lean tissue compartment.
- D. Measurement of the residual volume.

Correct Answer: A

QUESTION 3

The five A's of counseling are

- A. Address, Assess, Act, Assist, and Arrange follow-up.
- B. Address, Assess, Advise, Assist, and Act.
- C. Address, Assess, Advise, Assist, and Arrange follow-up.
- D. Act, Assess, Advise, Assist, and Arrange follow-up.

Correct Answer: C

QUESTION 4

Osteoporosis is more prevalent in

- A. Women who have never been pregnant.



B. African-American women.

C. Women who are involved in activities that place stress on the wrists, hips, or lumbar/sacral region.

D. Postmenopausal women.

Correct Answer: D

QUESTION 5

How many calories will a 110-pound woman expend if she pedals on a Monark cycle ergometer at 50 rpm against a resistance of 2.5 kiloponds for 60 minutes?

A. 12.87 calories.

B. 31.28 calories.

C. 510 calories.

D. 3,500 calories.

Correct Answer: C

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