040-444$^{Q\&As}$

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QUESTION 1

The definition of cardiorespiratory fitness is

A. The maximal force that a muscle or muscle group can generate in a single effort.

B. The coordinated capacity of the heart, blood vessels, respiratory system, and tissue metabolic systems to take in, deliver, and use oxygen.

C. The ability to sustain a held maximal force or to continue repeated sub maximal contractions.

D. The functional ROM about a joint.

Correct Answer: B

QUESTION 2

Which of the following foods would be in the group recommended to comprise most of the daily energy intake according to the Food Guide Pyramid?

A. Oranges.

B. Yogurt.

C. Pasta.

D. Olive oil.

Correct Answer: C

QUESTION 3

Which fat-soluble vitamin is important for bone formation?

A. Vitamin A.

B. Vitamin D.

C. Vitamin E.

D. Vitamin K.

Correct Answer: B

QUESTION 4

The chemical energy that is directly converted to do work is

A. ATP.

B. Creatine phosphate.

C. Beta oxidation of fatty acids.

D. All of the above.

Correct Answer: A

QUESTION 5

Any physical activity with a performance time of approximately 30 seconds or less relies on which of the following energy systems?

A. ATP.

B. PCr.

C. ATP-PCr.

D. Aerobicglycolysis.

Correct Answer: C