



040-444^{Q&As}

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QUESTION 1

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 2

Which of the following describes a normal postexercise blood pressure (BP) response?

- A. Elevated systolic and diastolic values compared to preparticipation values.
- B. Progressive decline in SBP.
- C. Progressive increase in SBP.
- D. Exaggerated decrease in DBP.

Correct Answer: B

QUESTION 3

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 4

Weight room safety should include

- A. A phone.
- B. Lifting gloves and back belts.



- C. Male trainers to help with spotting.
- D. Safe passageways and use of the buddy system.

Correct Answer: D

QUESTION 5

When the body consumes more calories than it uses, the condition is called

- A. Ketogenesis.
- B. Positive caloric balance.
- C. Positive electrolyte balance.
- D. Negative energy balance.

Correct Answer: B

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