



040-444^{Q&As}

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QUESTION 1

All of the following musculoskeletal changes typically occur with advancing age EXCEPT

- A. Decreased flexibility.
- B. Impaired balance.
- C. Inhibited range of motion.
- D. Skeletal muscle hypertrophy

Correct Answer: D

QUESTION 2

What is the relative $\dot{V}O_2$ of running on a treadmill at 6.5 mph and a 0% grade?

- A. 34.84mL . kg⁻¹. min⁻¹
- B. 34.48mL . kg⁻¹. min⁻¹
- C. 38.34mL . kg⁻¹. min⁻¹
- D. 43.83mL . kg⁻¹. min⁻¹

Correct Answer: C

QUESTION 3

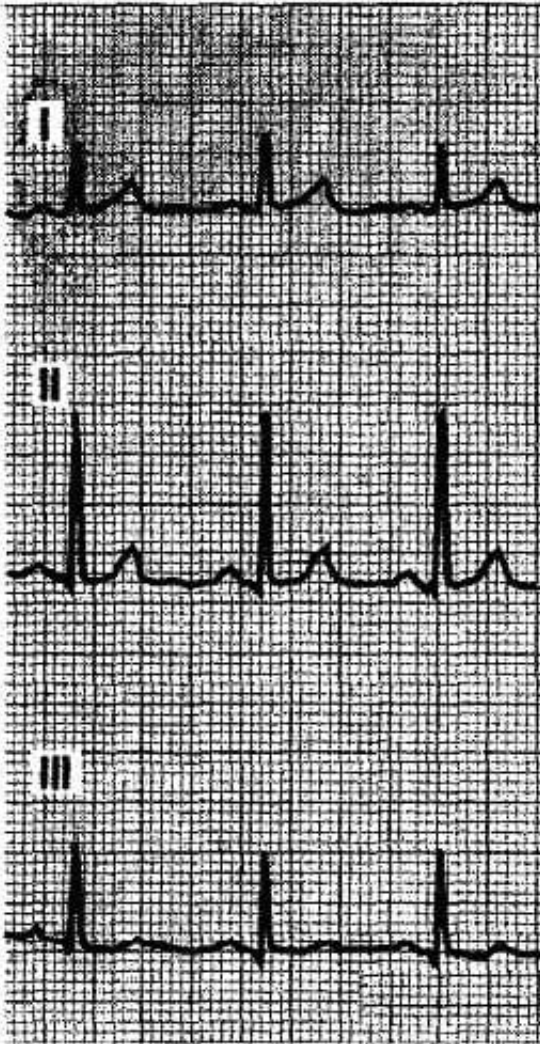
An abnormal curve of the spine with lateral deviation of the vertebral column is called

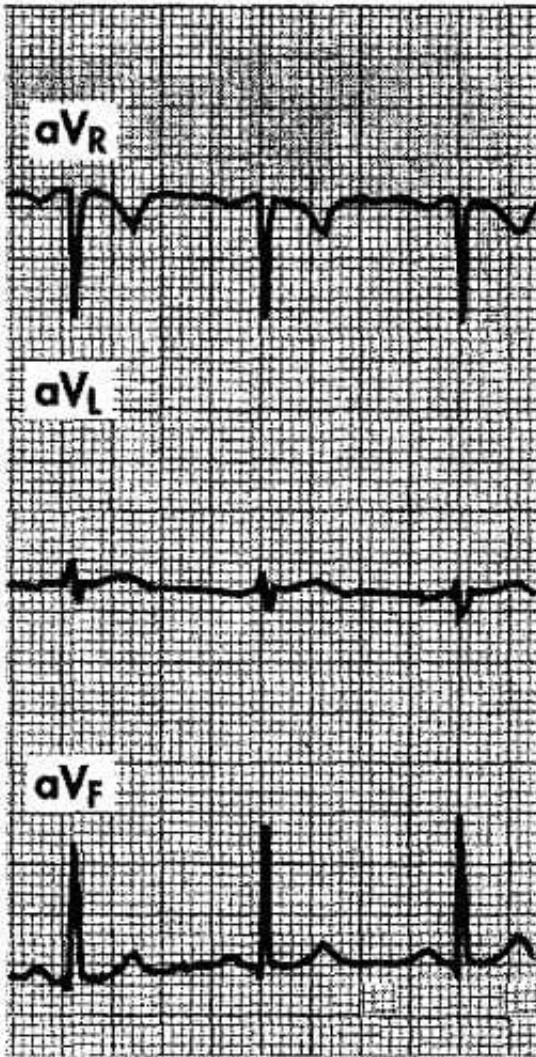
- A. Lordosis.
- B. Scoliosis.
- C. Kyphosis.
- D. Primary curve.

Correct Answer: B

QUESTION 4

Examine the six extremity leads shown in the figure below. What is the appropriate mean QRS axis?





- A. -30?
- B. 60?
- C. 90?
- D. 120? (From Goldberger AL: Clinical Electrocardiography: A Simplified Approach, 6th ed. St Louis, Mosby, 1999, p 55.)

Correct Answer: B

QUESTION 5

The MINIMAL duration of exercise necessary to achieve improvements in health for deconditioned individuals is

- A. 20 minutes continuously.
- B. 30 minutes continuously.
- C. Multiple sessions of more than 10 minutes in duration throughout the day.



D. Two sessions of 20 minutes throughout the day.

Correct Answer: C

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