



040-444^{Q&As}

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QUESTION 1

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. 12.91mL . kg-1 . min-1
- B. 14.61mL . kg-1 . min-1
- C. 16.41mL . kg-1 . min-1
- D. 22.89mL . kg-1 . min-1

Correct Answer: D

QUESTION 2

One mistake that health care providers and exercise promoters make is to

- A. Assume that most individuals are ready to change their behavior.
- B. Encourage the accumulation of moderate intensity activity throughout the day.
- C. Legitimize a client's concerns.
- D. Use the five A's strategy for counseling.

Correct Answer: A

QUESTION 3

Two individuals have the same body weight, gender, ethnic background, and skinfold measurement results. One is 25 years old; the other is 45 years. Given this scenario, which of the following statements is TRUE?

- A. They both have the same percentage of body fat.
- B. The 25-year-old individual is fatter.
- C. The 45-year-old individual is fatter.
- D. Who is fatter cannot be determined from the information given.

Correct Answer: C

QUESTION 4

All of the following factors are important to consider when determining exercise intensity EXCEPT

- A. An individual's level of fitness.



- B. The risk of cardiovascular or orthopedic injury.
- C. Any previous history participating in organized sports.
- D. Individual preference and exercise objectives.

Correct Answer: C

QUESTION 5

During exercise of increasing intensity, the SV of normal adults

- A. Continues to increase throughout the duration of exercise up to Vo_{2max} .
- B. Remains relatively stable during submaximal exercise of greater than approximately 50% of Vo_{2max} .
- C. Will continue to increase and then level off just before the achievement of Vo_{2max} .
- D. None of the above.

Correct Answer: B

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