



010-111^{Q&As}

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QUESTION 1

Which of the following statements is correct regarding the warm-up and cool-down components of the exercise training session?

- A. Warm-up should last twice as long as cool-down.
- B. Cool-down should approximate an intensity that is between 40 and 60% of VO₂R
- C. Warm-up need not involve cardiorespiratory activity if the conditioning phase of the exercise session involves resistance training.
- D. Cool-down during the exercise session can be eliminated if at least 10 minutes of stretching is performed instead.

Correct Answer: B

QUESTION 2

When should a client exhale during performance of a bench press?

- A. Only after the movement ends.
- B. Immediately before the movement begins.
- C. During the eccentric phase of the movement.
- D. During the concentric phase of the movement.

Correct Answer: D

QUESTION 3

What is the American College of Sports Medicine's recommendation regarding frequency to increase cardiorespiratory fitness?

- A. One to two days per week
- B. Two to three days per week
- C. Three to five days per week
- D. Four to six days per week

Correct Answer: C

QUESTION 4

A client exercising at a level 15 on the Borg Rating of Perceived Exertion Scale is likely to describe the exercise as _____.



- A. Very hard
- B. Hard
- C. Fairly light
- D. Very light

Correct Answer: B

QUESTION 5

Which is a limiting factor when using the body mass index (BMI) to determine obesity and disease risk?

- A. Body density must be computed or estimated first.
- B. Skinfold thicknesses must be measured first.
- C. Fat and lean tissue weights are differentiated.
- D. Over estimates individuals with above average muscle mass.

Correct Answer: D

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