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QUESTION 1

Approximately how long is the initial conditioning phase of a cardiovascular training program?

- A. Four weeks
- B. Eight weeks
- C. Twelve weeks
- D. Sixteen weeks

Correct Answer: A

QUESTION 2

During the concentric phase of a chin-up (with the forearms in a supinated grip) the glenohumeral joint is moving through _____ in the _____ plane.

- A. abduction, frontal
- B. extension, sagittal
- C. flexion, sagittal
- D. adduction, frontal

Correct Answer: B

QUESTION 3

In comparison to type I muscle fibers, type II fibers _____.

- A. Have a higher capacity to generate energy through the electron transport system
- B. Have a higher capacity to generate energy from fat
- C. Are recruited at a higher percentage of maximum force
- D. Are capable of greater endurance

Correct Answer: C

QUESTION 4

What is the predominant factor causing increases in strength during the initial weeks of training?

- A. Changes in whole muscle cross-sectional area



- B. Increases in overall limb circumference
- C. Improvements in neuromuscular adaptation
- D. Increases in muscle-fiber cross-sectional area

Correct Answer: C

QUESTION 5

What is the recommended intensity range of aerobic exercise for a low risk adult who currently meets minimal physical activity levels?

- A. 40-55% HHR
- B. 55-70% HRmax
- C. 65-80% HHR
- D. 75-85% HRmax

Correct Answer: A

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