



010-111^{Q&As}

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QUESTION 1

The Physical Activity Readiness Questionnaire (PAR-Q) includes questions regarding _____.

- A. low density lipoproteins
- B. current fitness levels
- C. presence of chest pain and dizziness
- D. family history of heart disease

Correct Answer: C

QUESTION 2

The risk of developing a myocardial infarction increases when there is a family history of myocardial infarction or sudden death before the ages of:

- A. 50 years of age in a first-degree female relative; 60 years of age in a first-degree male relative
- B. 50 years of age in any male relative; 60 years of age in any female relative
- C. 55 years of age in a first-degree male relative; 65 years of age in a first-degree female relative
- D. 55 years of age in any male relative; 65 years of age in any female relative

Correct Answer: C

QUESTION 3

What is an appropriate precaution and/or modification for exercising in higher ambient temperatures?

- A. Take salt tablets.
- B. Drink eight ounces of water once per hour.
- C. Select proper loose fitting, lightweight clothing.
- D. Train in clothes designed to trap and hold body heat.

Correct Answer: C

QUESTION 4

Typical movements in the weight room such as a biceps curl using free weights and leg press actions using a machine are best described as _____ muscle actions.

- A. plyometric



B. isokinetic

C. ballistic

D. isotonic

Correct Answer: D

QUESTION 5

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

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