



010-111^{Q&As}

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QUESTION 1

You determine that a client is over striding when they run. What would be the effect on their running performance due to this mechanical error?

- A. Increase in turnover rate and decrease in running economy.
- B. Increase in energy cost and increase in running economy.
- C. Decrease in energy cost and decrease in braking motion.
- D. Decrease in running economy and increase in braking motion.

Correct Answer: D

QUESTION 2

What is the difference between absolute and relative contraindication?

- A. Relative contraindications are acute where absolute contraindications are chronic.
- B. Absolute contraindications consist of risk/benefit analysis whereas relative contraindications do not.
- C. Absolute contraindications prevent the individual from participating in some testing and participation whereas relative contraindications do not allow any participation in exercise testing or prescription.
- D. Absolute contraindications prevent the individual from any/all exercise testing and prescription whereas relative contraindications allow for some testing and participation.

Correct Answer: D

QUESTION 3

Which would not be found on a quarterly profit and loss statement?

- A. Revenue from membership dues.
- B. Expenses due to payroll and benefits.
- C. Proportional fixed depreciation costs.
- D. Fixed assets like land or a building.

Correct Answer: D

QUESTION 4

When considering the acute responses of arm versus leg exercise, which is true?



- A. At the same work load, systolic blood pressure is lower with arm exercise.
- B. At the same work load, diastolic blood pressure is lower with arm exercise.
- C. At the peak work load, systolic blood pressure is greater with arm exercise.
- D. At the peak work load, oxygen consumption is greater with leg exercise.

Correct Answer: D

QUESTION 5

Which vitamins are classified as fat soluble?

- A. A, B, C, D
- B. A, D, E, K
- C. A, B, D, E
- D. A, C, D, K

Correct Answer: B

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