



010-111^{Q&As}

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QUESTION 1

Atherosclerosis is primarily characterized by _____.

- A. increased elasticity of blood vessels
- B. reduced blood pressure
- C. widening of the arteries
- D. plaque development in the arteries

Correct Answer: D

QUESTION 2

What motivational strategy is used to help an individual change negative statements into positive statements?

- A. Goal setting
- B. Social reinforcement
- C. Self-monitoring
- D. Cognitive restructuring

Correct Answer: D

QUESTION 3

Which of the following theories addresses the human need to explain why things happen in an attempt to gain control or increase predictability?

- A. Motivation
- B. Attribution
- C. Transfer
- D. Retention

Correct Answer: B

QUESTION 4

Which of the following describes a Valsalva maneuver performed during a free weight biceps curl?

- A. a normal part of the concentric phase of the exercise.



- B. inspiration of air through an open glottis.
- C. a normal part of the eccentric phase of the exercise.
- D. expiration of air against a closed glottis.

Correct Answer: D

QUESTION 5

Your client reports ankle edema. What would a certified Personal Trainer look for?

- A. Pain
- B. Atrophy
- C. Swelling
- D. Red coloration

Correct Answer: C

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