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QUESTION 1

What is the leading cause of non-cardiovascular death in young athletes?

- A. Contact Sports Injuries
- B. Anemia
- C. Hypothermia
- D. Overheating

Correct Answer: D

QUESTION 2

In what plane does the lower leg move during the seated knee extension?

- A. Sagittal
- B. Frontal
- C. Transverse
- D. Median

Correct Answer: A

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

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 5

A 50-year-old woman who quit smoking 5 months ago with a BP of 120/90 mmHg, a BMI of 29 kg/m², a LDL of 135 mg/dL, and a HDL of 70 mg/dL wants to start an exercise program. How many net positive risk factors does she have?

- A. 2
- B. 3
- C. 4
- D. 5

Correct Answer: A

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