



010-111^{Q&As}

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QUESTION 1

Which of the following terms finish the acronym SMART with respect to goal setting: Specific, Measurable, Attainable _____ and _____.

- A. Realistic, Tried
- B. Related, Tried
- C. Realistic, Time-anchored
- D. Related, Time-anchored

Correct Answer: C

QUESTION 2

Which of the following factors affect intensity of lower body plyometric drills?

- A. speed, height of the drill, and body weight
- B. speed, range of motion, and reaction time
- C. strength of the athlete, points of contact, and flexibility
- D. strength of the athlete, height of the drill, and reaction time

Correct Answer: A

QUESTION 3

Which of the following is NOT a principle of training?

- A. Overload
- B. Specificity
- C. Reversibility
- D. Concentration

Correct Answer: D

QUESTION 4

Which of the following points should NOT be included in an Informed Consent document regarding fitness testing?

- A. Statement that the patient has been given an opportunity to ask questions about procedures



- B. Reminder that the client is free to stop the test at any point
- C. Warning that death could result from participation
- D. Identical language for both diagnostic and prescriptive tests

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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