



010-111^{Q&As}

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QUESTION 1

What type of learner would benefit from a handout with written instructions?

- A. Visual
- B. Aesthetic
- C. Auditory
- D. Kinesthetic

Correct Answer: A

QUESTION 2

A fitness professional who shares identifiable health information about a client with someone who is outside of the realm of patient care is in violation of which federal standard?

- A. Family Educational Rights and Privacy Act (FERPA)
- B. Occupational Safety and Health Administration (OSHA) Guidelines
- C. Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule
- D. Americans with Disabilities Act (ADA)

Correct Answer: C

QUESTION 3

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 4

Following a 12 week aerobic conditioning program, an individual running at a submaximal workload would be expected to have a(n) _____ circulating blood lactate level as compared to the value obtained at that same absolute workload prior to the conditioning program.



- A. somewhat higher
- B. somewhat lower
- C. substantially higher
- D. equivalent

Correct Answer: B

QUESTION 5

What is a function of the hamstring muscles?

- A. Hip flexors
- B. Hip extensors
- C. Plantar flexors
- D. Knee extensors

Correct Answer: B

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