



020-222^{Q&As}

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QUESTION 1

A client with a functional capacity of 7 MET, an ejection fraction of 37%, and an ST - segment depression of 1 mm below baseline on exertion

- A. Should not exercise until his or her ejection fraction is >50%.
- B. Is considered to be at low risk.
- C. Is considered to be at moderate risk.
- D. Is considered to be at high risk.

Correct Answer: C

QUESTION 2

Chronic soreness and fatigue are symptoms of

- A. Hyperglycemia.
- B. Strain.
- C. Overuse injury.
- D. Hypoglycemia.

Correct Answer: C

QUESTION 3

The emergency response system (EMS) is:

- A. The combination of the ambulance and the emergency room.
- B. Critical for the staff to be able to respond adequately to an emergency.
- C. The protocol used to practice safety plans.
- D. Required by most health departments.

Correct Answer: B

QUESTION 4

Which of the following is NOT a principle of low back care?



- A. Abdominal curl-ups/
- B. Unloaded flexion/extension of the spine.
- C. Neutral spine during all exercises.
- D. Controlled leg press or squat with light weights.

Correct Answer: D

QUESTION 5

A male client is 42 years old. His father died of a heart attack at age 62. He has a consistent resting blood pressure (measured over 6 weeks) of 132/86 mm Hg and a total serum cholesterol of 5.4 mmol/L. Based on his CAD risk stratification, which of the following activities is appropriate?

- A. Maximal assessment of cardiorespiratory fitness without a physician supervising.
- B. Sub maximal assessment of cardiorespiratory fitness without a physician supervising.
- C. Vigorous exercise without a previous medical assessment.
- D. Vigorous exercise without a previous physician-supervised exercise test.

Correct Answer: C

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