



030-333^{Q&As}

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QUESTION 1

A client taking a calcium-channel blocker most likely will exhibit which of the following responses during exercise?

- A. Hypertensive response.
- B. Increased ischemia.
- C. Improved anginal thresholds.
- D. Severe hypotension.

Correct Answer: C

QUESTION 2

A comprehensive patient care plan is necessary for effective program management, because it

- A. Is required by federal law.
- B. Provides a "road map" for interventions.
- C. Is a requirement for insurance reimbursement.
- D. Provides raw data for analysis in CQI or outcomes assessment.

Correct Answer: B

QUESTION 3

Which of the following waist circumference measurements indicates abdominal obesity?

- A. 0.98.
- B. >29.9
- C. 43 inches
- D. All of the above.

Correct Answer: C

QUESTION 4

Which of the following is not a feature of the metabolic syndrome?

- A. Dyslipidemia (low HDL-C, elevated triglycerides).
- B. Osteoporosis.



C. Insulin resistance.

D. Elevated blood pressure.

Correct Answer: B

QUESTION 5

Which the following statements regarding intensity of resistance training is FALSE?

A. The number of repetitions to volitional fatigue will vary inversely with resistance.

B. It is necessary to determine the 1- RM to establish training intensity.

C. Exercise to volitional fatigue is not dangerous from a musculoskeletal standpoint provided that good exercise form is maintained.

D. Exercise intensity should be similar for males and females.

Correct Answer: B

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