



030-333^{Q&As}

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QUESTION 1

A 110-pound female pedals a Monark cycle ergometer at 50 rpm against a resistance of 2.5 kiloponds. Calculate her absolute $\dot{V}O_2$.

- A. $300 \text{ mL} \cdot \text{min}^{-1}$
- B. $750 \text{ mL} \cdot \text{min}^{-1}$
- C. $1.25 \text{ L} \cdot \text{min}^{-1}$
- D. $1.7 \text{ L} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: D

QUESTION 2

The recommended cardiorespiratory endurance exercise training program for older individuals should be:

- A. 40% to 60% of maximum HR, 20 to 30 minutes continuously, 3 days per week.
- B. 50% to 70% of HRR, 20 to 30 minutes (multiple sessions of 5-10 min), 3 days per week.
- C. 40% to 60% of maximum HR, 20 to 30 minutes (multiple sessions of 5-10 min), 3 days per week.
- D. 50% to 70% of HRR, 20 to 30 minutes continuously, 3 days per week

Correct Answer: B

QUESTION 3

A target HR equivalent to 85% of HRR for a 25-year-old male with a resting HR of 75 bpm would be equal to:

- A. 195 bpm.
- B. 166 bpm.
- C. 177 bpm.
- D. 102 bpm.

Correct Answer: C



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