



030-333^{Q&As}

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QUESTION 1

How much weight will the woman (from question 22) lose in 26 weeks if she integrates a 1-mile walk, taken three times per week, into her weight loss program?

- A. 3 pounds.
- B. 6 pounds.
- C. 11 pounds.
- D. 15 pounds.

Correct Answer: C

QUESTION 2

All of the following are helpful suggestions for an athlete trying to gain weight EXCEPT:

- A. Increase portion sizes at meals.
- B. Eat more high-calorie foods (e.g., candy bars, soft drinks).
- C. Eat one extra meal per day.
- D. Snack on energy- and nutrient-dense foods (e.g., fig bars, nuts and dried fruit).

Correct Answer: B

QUESTION 3

Why are records valuable to a fitness program?

- A. They help in evaluation of a program.
- B. They offer music not found on tapes or CDs.
- C. They help to provide facts in any legal issues.
- D. They help the front desk to monitor paid and unpaid clients.

Correct Answer: A

QUESTION 4

According to the most recent National Institutes of Health's Clinical Guidelines for the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, recommendations for practical clinical assessment include.

- A. Determining total body fat through the BMI to assess obesity.



- B. Determining the degree of abdominal fat and health risk through waist circumference.
- C. Using the waist-to-hip ratio as the only definition of obesity and lean muscle mass.
- D. Both A and B.

Correct Answer:

QUESTION 5

A client is walking on a treadmill at 3.4 mph and a 5% grade. What is her $\dot{V}O_2$ in relative terms?

- A. 9.11 mL . kg⁻¹ . min⁻¹
- B. 11.9 mL . kg⁻¹ . min⁻¹
- C. 24 mL . kg⁻¹ . min⁻¹
- D. 20.81 mL . kg⁻¹ . min⁻¹

A. B. C. D.

Correct Answer: D

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