



030-333^{Q&As}

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QUESTION 1

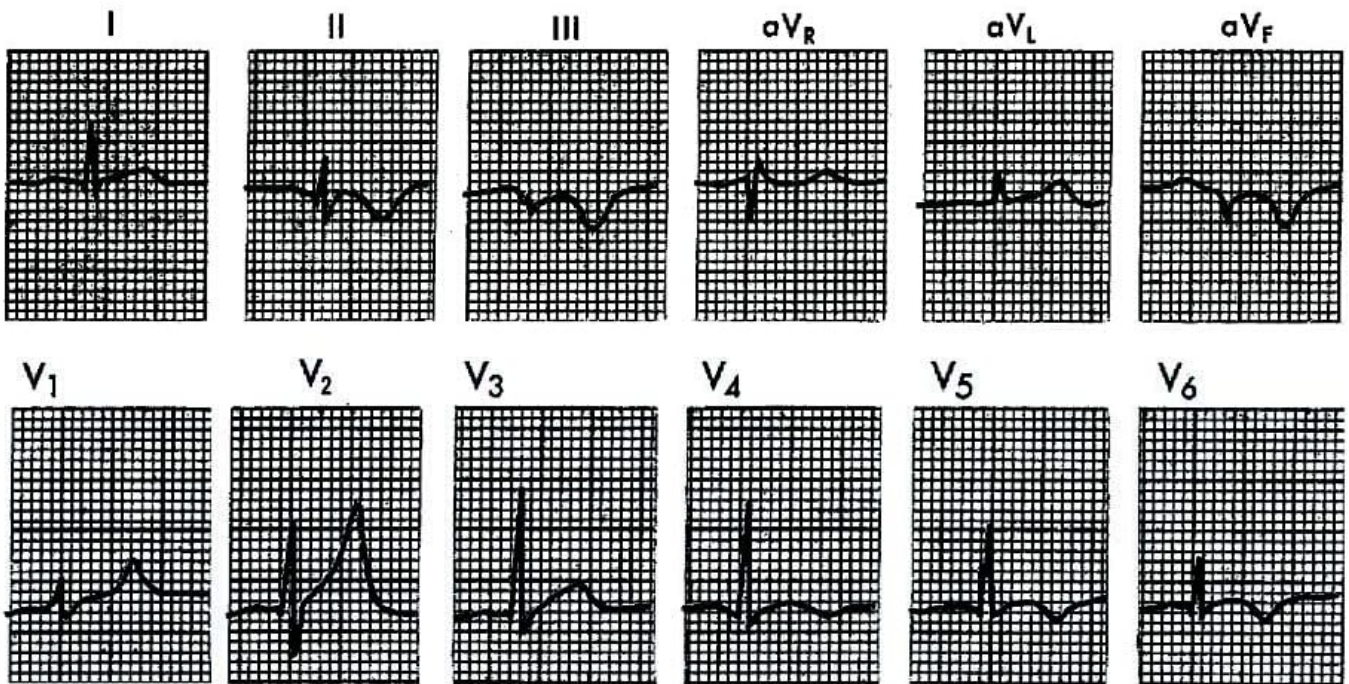
According to the AACVPR, elements of successful adult education include all of the following EXCEPT:

- A. Goal setting.
- B. Rewards.
- C. Contracts.
- D. Knowledge testing.

Correct Answer: D

QUESTION 2

In the ECG strip shown below, what disorder is indicated?



- A. Subendocardial ischemia.
- B. Transmural ischemia.
- C. Acute inferior MI.
- D. Posterior MI

Correct Answer: D



QUESTION 3

The recommended muscular strength and endurance training program for apparently healthy individuals should be:

- A. One set of 8 to 12 reps, 8 to 10 separate exercises, 2 days per week.
- B. Two sets of six to eight reps, 8 to 10 separate exercises, 2 days per week.
- C. One set of 8 to 12 reps, 8 to 10 separate exercises, 4 to 5 days per week.
- D. Two sets of six to eight reps, 8 to 10 separate exercises, 4 days per week, and alternating days for legs and upper body.

Correct Answer: A

QUESTION 4

If a healthy young man exercises at an intensity of $45 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$ three times per week for 45 minutes each session, how long would it take him to lose 10 pounds of fat?

- A. 4 weeks.
- B. 7.14 weeks.
- C. 16.5 weeks.
- D. 19 weeks.

Correct Answer: C

QUESTION 5

The exercise leader or health/fitness instructor should modify exercise sessions for participants with hypertension by:

- A. Shortening the cool-down to less than 5 minutes.
- B. Eliminating resistance training completely.
- C. Prolonging the cool-down.
- D. Implementing high-intensity (>85% of HRR), short-duration intervals.

Correct Answer: C