



030-333^{Q&As}

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QUESTION 1

An ideal weight-loss program should set a goal of _ pounds per week, with an energy intake of not less than _ kcal/day.

- A. 10, 1,600.
- B. 3-5, 1,500.
- C. 1-2, 1,200.
- D. None of the above.

Correct Answer: C

QUESTION 2

A client with angina exhibits symptoms and a 1mm, down-sloping ST- segment depression at a HR of 129 bpm on his exercise test. His peak exercise target HR should be set at:

- A. 128 bpm.
- B. 109 to 119 bpm.
- C. 129 bpm.
- D. 125 to 128 bpm.

Correct Answer: B

QUESTION 3

Slow conduction in the A V node is associated with:

- A. Prolonged PR interval.
- B. Prolonged QRS interval.
- C. Shortened QT interval.
- D. Elevated ST segment.

Correct Answer: A

QUESTION 4

A program's policy and procedures manual should NOT

- A. Be stored away for safekeeping.



- B. Be revised as the program's policies and/or procedures are modified.
- C. Be viewed as a document in progress.
- D. Contain program information ranging from the organizational structure to the facility's maintenance schedule.

Correct Answer: A

QUESTION 5

The same 55-kilogram woman (from question 12) also trains on a Monark arm ergometer at 60 rpm against a resistance of 1.5 kiloponds. What is her absolute $\dot{V}O_2$?

- A. $1.52 \text{ L} \cdot \text{min}^{-1}$
- B. $773.0 \text{ mL} \cdot \text{min}^{-1}$
- C. $0.840 \text{ L} \cdot \text{min}^{-1}$
- D. $0.774 \text{ L} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: C

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