



030-333^{Q&As}

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QUESTION 1

Why is public relations important to a fitness program?

- A. It helps to promote the program and staff to the public.
- B. It reduces the risk of legal action against your staff.
- C. It lowers your malpractice insurance premium by promoting quality.
- D. It makes sure that your clients are happy and getting what they want.

Correct Answer: A

QUESTION 2

What are some of the common sales "rules" in promoting your fitness program?

- A. Selling memberships at any cost is key.
- B. You know more than they do, so be aggressive.
- C. Honesty and an understanding of the needs of the potential member are always the best way.
- D. Long-term agreements make more money than short-term agreements.

Correct Answer: C

QUESTION 3

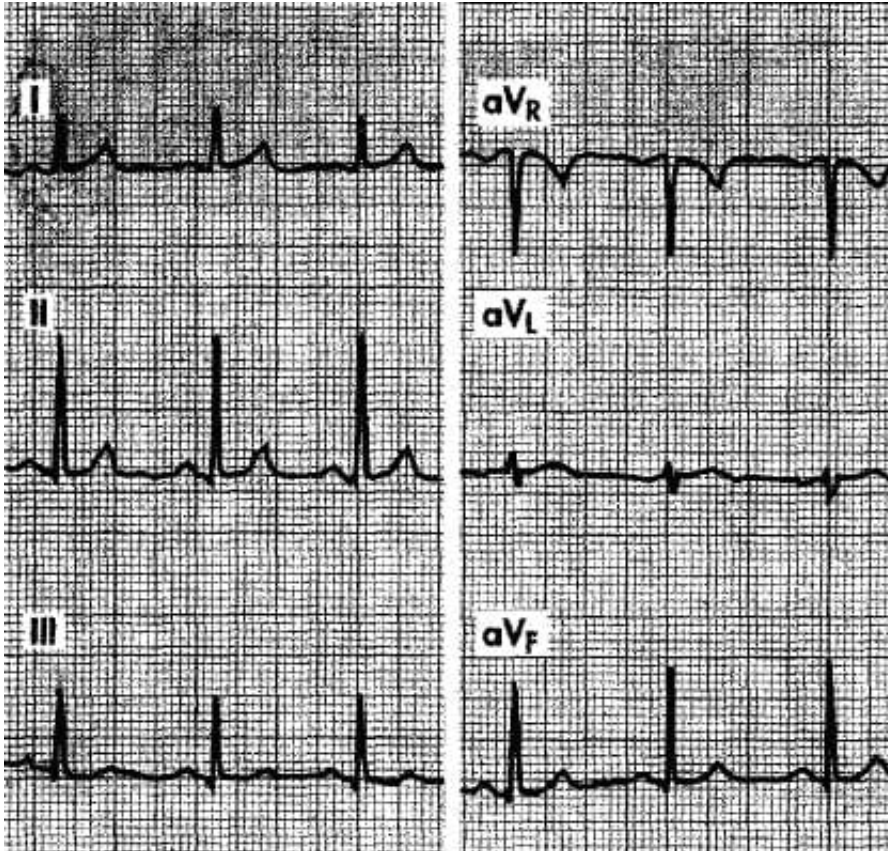
Which the following statements regarding intensity of resistance training is FALSE?

- 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

QUESTION 4

Examine the six extremity leads shown in the figure below. What is the appropriate mean QRS axis?



- A. -30° .
- B. 60° .
- C. 90° .
- D. 120° .

Correct Answer: B

QUESTION 5

A fitness newsletter, fitness library, and bulletin boards:

- A. Are part of staff news.
- B. Are part of client and staff education.
- C. Are part of the facility marketing.
- D. Require considerable money and must be budgeted carefully.

Correct Answer: B

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