



030-333^{Q&As}

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QUESTION 1

Treatment for claudication during exercise includes all of the following EXCEPT

- A. Daily exercise sessions.
- B. Intensity of activity to maximal tolerable pain, with intermittent rest periods.
- C. Cardiorespiratory building activities that are nonweight bearing if the plan is to work on longer duration and higher intensity to elicit a cardiorespiratory training effect.
- D. Stopping activity at the onset of claudication discomfort to avoid further vascular damage from ischemia.

Correct Answer: D

QUESTION 2

The goal for the obese exercise participant should be to:

- A. Sweat as much as possible.
- B. Exercise at 85% of HRR.
- C. Perform resistance exercise three to five times per week.
- D. Expend 300 to 500 calories per exercise session.

Correct Answer: D

QUESTION 3

Staff certification is:

- A. Not important, because members do not care.
- B. Important, primarily because it adds spice to marketing materials.
- C. Not a good idea, because certified staff will increase your payroll.
- D. Important, primarily because it adds a standard of knowledge and credibility to your facility.

Correct Answer: D

QUESTION 4

Which of the following statements regarding cooldown is FALSE?

- A. The emphasis should be large muscle activity performed at a low to moderate intensity.



- B. Increasing venous return should be a priority during cool-down.
- C. The potential for improving flexibility may be improved during cool-down as compared with warm-up.
- D. Between 1 and 2 minutes are recommended for an adequate cool-down.

Correct Answer: D

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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