



040-444^{Q&As}

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QUESTION 1

Which of the following is a fixed expense?

- A. Office supplies.
- B. Salaries.
- C. Utilities (e.g., telephone).
- D. Laboratory charge backs for blood work.

Correct Answer: B

QUESTION 2

Which of the following is NOT a principle of low back care?

- A. Abdominal curl-ups/
- B. Unloaded flexion/extension of the spine.
- C. Neutral spine during all exercises.
- D. Controlled leg press or squat with light weights.

Correct Answer: D

QUESTION 3

Which of the following actions involving termination of exercise testing is correct?

- A. Immediately terminate the test if muscular fatigue occurs.
- B. Initiate the test termination process when cardiac complications occur.
- C. Initiate the test termination process when intermittent premature ventricular contractions are detected on ECG.
- D. Immediately terminate the test when intermittent premature ventricular contractions are detected on ECG.

Correct Answer: C

QUESTION 4

Special precautions for clients with hypertension include all of the following EXCEPT:

- A. Avoiding muscle strengthening exercises that involve low resistance.
- B. Avoiding activities that involve the Valsalva maneuver.



C. Monitoring a client who is taking diuretics for arrhythmias.

D. Avoiding exercise if resting systolic BP is greater than 200 mm Hg or diastolic BP is greater than 115 mm Hg.

Correct Answer: A

QUESTION 5

Which of the following is a method of strength and power training that involves an eccentric loading of muscles and tendons followed immediately by an explosive concentric contraction?

A. Super sets.

B. Split routines.

C. Plyometrics.

D. Periodization.

Correct Answer: C

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