



040-444^{Q&As}

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QUESTION 1

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 2

During the cool-down phase of an exercise session, clients should be encouraged to

- A. Rehydrate.
- B. Decrease the intensity of activity quickly to decrease cardiac afterload.
- C. Limit the cool-down period to 5 minutes.
- D. Increase the number of isometric activities.

Correct Answer: A

QUESTION 3

The primary effects of chronic exercise training on lipid values are

- A. Decreased triglycerides and increased HDL.
- B. Decreased TC and LDL.
- C. Decreased HDL and increased LDL.
- D. Decreased TC and increased HDL.

Correct Answer: A

QUESTION 4

Theories are used in programs for

- A. Giving individuals an exercise prescription.



- B. Perceiving rewards of certain behaviors.
- C. Self-reevaluation.
- D. Providing a conceptual framework for behavioral assessment.

Correct Answer: D

QUESTION 5

A comprehensive patient care plan is necessary for effective program management, because it

- A. Is required by federal law.
- B. Provides a "road map" for interventions.
- C. Is a requirement for insurance reimbursement.
- D. Provides raw data for analysis in CQI or outcomes assessment.

Correct Answer: B

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