



020-222^{Q&As}

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QUESTION 1

One of the first actions that a fitness instructor should consider in preventing injury is to

- A. Teach the client how to warm-up and cool-down.
- B. Instruct the client on safety procedures when using the facility.
- C. Conduct a preparticipation screening.
- D. Instruct the client on how to use the exercise equipment safely.

Correct Answer: C

QUESTION 2

What is the best test of cardiovascular function for a client who is obese, has claudication in the legs, and has limited mobility because of neurologic damage from uncontrolled diabetes?

- A. Dipyridamole or dobutamine testing and assessment of cardiovascular variables.
- B. Discontinuous treadmill exercise test.
- C. Resting echocardiography.
- D. Continuous submaximal cycle ergometer test.

Correct Answer: A

QUESTION 3

Complaints of pain in the chest with associated pain radiating down the left arm may be signs of

- A. Cardiac crisis.
- B. Hypotension.
- C. Seizure.
- D. Heartburn.

Correct Answer: A

QUESTION 4

Which of the following is NOT part of an emergency plan?

- A. The plan should list the schedule of each staff member so that they can all be accounted for during an emergency.



- B. The plan must be written.
- C. The plan should outline each specific action.
- D. The staff should be prepared and trained in the plan.

Correct Answer: A

QUESTION 5

A "cold spot" detected in the inferior portion of the left ventricle during a stress test that resolves 3 hours later most likely indicates

- A. An old inferior MI.
- B. A MI that is healing.
- C. Reversible myocardial ischemia.
- D. The need for multiple bypass surgery.

Correct Answer: C

QUESTION 6

The treatment modality RICES includes all of the following EXCEPT

- A. Covering.
- B. Ice.
- C. Stabilization.
- D. Rest.

Correct Answer: A

QUESTION 7

Lead V1 is located at the

- A. Fifth intercostal space, left sternal border.
- B. Midclavicular line, fourth intercostal space.
- C. Fourth intercostal space, right sternal border.
- D. Midclavicular line, lateral to the xiphoid process.

Correct Answer: C



QUESTION 8

What are some of the risks for musculoskeletal injury?

- A. Poor Signage in the facility.
- B. Extrinsic factors ?intensity, terrain, equipment.
- C. Intrinsic factors-frequency, attitude, ender.
- D. Membership type

Correct Answer: B

QUESTION 9

Emergency procedures should be

- A. Given to all clients when they join.
- B. Put away in a safe place.
- C. Posted under each phone.
- D. Posted above each fire extinguisher.

Correct Answer: C

QUESTION 10

An equipment maintenance plan should include

- A. A floor plan.
- B. A client advisory statement.
- C. A document that records maintenance and repair history.
- D. Temperature and humidity readings.

Correct Answer: C

QUESTION 11

What is the most appropriate action in assisting a person suffering from a seizure?

- A. Hold the person down so that he or she does not hurt himself or herself.
- B. Do not touch the person, but be sure that he or she is in a safe area.



- C. Place a wedge in the person's mouth so that he or she does not swallow the tongue.
- D. Ignore the person, and allow the seizure to pass.

Correct Answer: B

QUESTION 12

The emergency response system (EMS) is:

- A. The combination of the ambulance and the emergency room.
- B. Critical for the staff to be able to respond adequately to an emergency.
- C. The protocol used to practice safety plans.
- D. Required by most health departments.

Correct Answer: B

QUESTION 13

Which of the following manifestations would be an indication for stopping an exercise test?

- A. Low cholesterol (<25 mol).
- B. Diastolic BP greater than 105 mm Hg.
- C. Intermittent premature ventricular contractions.
- D. Low blood sugar (<100 mg/dL).

Correct Answer: D

QUESTION 14

For a client who has a contraindication to exercise testing but could benefit greatly from the information gained through testing, which of the following statements is TRUE?

- A. The contraindication is considered to be a relative contraindication.
- B. The contraindication is considered to be an absolute contraindication.
- C. The client should not be tested until the contraindication is resolved.
- D. A submaximal test is the only test that the client should complete.

Correct Answer: A



QUESTION 15

Safety procedures for clinical staff help protect them from

- A. Bloodborne pathogens.
- B. Theft.
- C. Violent patients.
- D. Work-related injuries.

Correct Answer: A

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