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NEW QUESTION: 1

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

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

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 2

How can exercise equipment add to the risk of participation?

- A. Because of the time one waits to use it.
- B. Because it is hard to move.
- C. Because it is expensive.
- D. Because it is used incorrectly.

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 3

What action should you take for a 55-year-old client who has three risk factors for heart disease and complains of fatigue on exertion?

- A. Use a questionnaire to evaluate activity, and do not conduct a test.
- B. Conduct a submaximal stress test without the presence of a physician.
- C. Start the client exercising slowly, and test after 6 weeks.
- D. Conduct a maximal diagnostic stress test in the presence of a physician.

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 4

Which of the following is NOT considered to be an absolute contraindication to exercise testing?

- A. Moderate valvular heart disease.
- B. Unstable angina
- C. Psychosis.
- D. Suspected myocarditis.

Answer: [\(SHOW ANSWER\)](#)

NEW QUESTION: 5

RICES refers to

- A. Rest, Ice, Common sense, Energy, and Standardization.
- B. Relaxation, Incremental heat, Care for injury, Energy, and Standardization.
- C. Relaxation, Ice, Compression, Energy, and Stabilization.
- D. Rest, Ice, Compression, Elevation, and Stabilization.

Answer: D [\(LEAVE A REPLY\)](#)

NEW QUESTION: 6

What is the fitness instructor's primary responsibility in conducting an exercise test?

- A. Maintaining a safe environment by not putting the client in danger.
- B. Completing the test.
- C. Making sure that the data collected are accurate.
- D. Encouragement and support.

Answer: A [\(LEAVE A REPLY\)](#)

NEW QUESTION: 7

Relative contraindications for exercise testing are conditions for which

- A. Exercise testing will not provide accurate assessment of health-related fitness.
- B. Exercise testing should not be performed until the condition improves.
- C. Professional judgment about the risks and benefits of testing should determine whether to conduct an assessment.
- D. A physician should be present during the testing procedures.

Answer: C [\(LEAVE A REPLY\)](#)

NEW QUESTION: 8

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

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

Answer: [\(SHOW ANSWER\)](#)

NEW QUESTION: 9

A client who has a measured FVC of 3.5 L and can expel 3.1 L within 1 second has

- A. A restrictive defect.
- B. An obstructive defect.
- C. An FEV of 89%.
- D. An FEV of 3.1.

Answer: [\(SHOW ANSWER\)](#)

NEW QUESTION: 10

Following termination of a stress test, a 12-lead ECG is

- A. Monitored immediately only.
- B. Monitored and recorded only if any signs or symptoms arise during recovery.
- C. Monitored immediately, then at 2 and 5 minutes after the test.
- D. Monitored immediately, then every 1 to 2 minutes until exercise-induced changes are at baseline.

Answer: D [\(LEAVE A REPLY\)](#)

NEW QUESTION: 11

Which of the following formulae is used for determining workload on a bicycle ergometer?

- A. Belt length x resistance x revolutions pedaled per minute.
- B. Resistance x distance flywheel traveled per revolution x revolutions per minute.
- C. Belt length x resistance x grade.
- D. Resistance x distance flywheel traveled per revolution.

Answer: B [\(LEAVE A REPLY\)](#)

NEW QUESTION: 12

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

Answer: [\(SHOW ANSWER\)](#)

NEW QUESTION: 13

Flexibility is a measure of the

- A. Effort-free ROM about a joint.
- B. Disease-free ROM about a joint.
- C. Habitually used ROM about a joint.
- D. Pain-free ROM about a joint.

Answer: D [\(LEAVE A REPLY\)](#)

NEW QUESTION: 14

Which of the following statements about underwater weighing is TRUE?

- A. It can divide the body into visceral and subcutaneous fat components.
- B. It assumes standard densities for bone, muscle, and fat.
- C. It is a direct method of assessing body composition.
- D. It can divide the body into bone, muscle, and fat components.

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 15

What are some of the risks for musculoskeletal injury?

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

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 16

Which of the following are symptoms of hypoglycemia?

- A. Hypotension.
- B. Cold, clammy skin.
- C. Bronchospasms and hyperventilation.
- D. Tachycardia and slurred speech.

Answer: (SHOW ANSWER)

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NEW QUESTION: 17

Which of the following would most appropriately assess a previously sedentary, 40-yearold female client's muscular strength?

- A. Using a 30-pound (18-kg) barbell to perform biceps curls to fatigue.
- B. Performing modified curl-ups to fatigue.
- C. Holding a handgrip dynamometer at 15 pounds (7 kg) to fatigue.
- D. U sing a 5-pound (2.2-kg) dumbbell to perform multiple sets of biceps curls to fatigue.

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 18

The clinical exercise physiologist shares a responsibility to

- A. Implement measures to stop disease.
- B. Make patients look healthy.
- C. Develop a plan to reduce the physical demands of exercise testing.
- D. Implement preventive measures to reduce the risk of medical emergencies.

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 19

Which of the following is an indication for terminating an exercise test?

- A. The RPE exceeds 17 on the standard scale.
- B. The maximal heart rate exceeds 200 bpm.
- C. The respiratory exchange rate exceeds 0.95.
- D. The client requests test termination.

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 20

Hydrodensitometry (hydrostatic weighing, underwater weighing) has several sources of error. Which of the following is NOT a common source of error when using this technique to determine body composition?

- A. Measurement of the vital capacity of the lungs.
- B. Measurement of the residual volume.
- C. Interindividual variability in the amount of air in the gastrointestinal tract.
- D. Interindividual variability in the density of the individual lean tissue compartment.

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 21

Safety procedures for clinical staff help protect them from

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

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 22

Documentation in the context of emergency response commonly refers to

- A. Manuals for all emergency equipment.
- B. Records of attendance.
- C. Records of each exercise session.
- D. Records of all emergency situations.

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 23

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

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 24

In preventing injuries, hydration is very important, because

- A. It controls breathing and the Valsalva maneuver.
- B. It helps to regulate body temperature and electrolyte balance.
- C. It helps to prevent blood pooling during the cool-down.
- D. It helps to regulate carbohydrate utilization during cardiovascular exercise.

Answer: ([SHOW ANSWER](#))

NEW QUESTION: 25

The physician's role in an emergency plan is

- A. Not important, because most facilities are hospital-based and the emergency room is nearby.
- B. Critical, because the physician must be present and can handle any emergency situation.
- C. An agency that certifies a managed care organization.
- D. Not significant, because a physician is not necessary when testing is conducted.

Answer: C ([LEAVE A REPLY](#))

NEW QUESTION: 26

In cleaning the facility and equipment, what must an operator be aware of?

- A. That solutions and cleaning materials are safe for the skin and hypoallergenic.
- B. That disinfectants smell pleasant.
- C. That signs are written clearly.
- D. That surfaces are brightly colored.

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 27

Weight room safety should include

- A. Safe passageways and use of the buddy system.
- B. Lifting gloves and back belts.

- C. A phone.
- D. Male trainers to help with spotting.

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 28

The potential benefits and risks of an exercise test should be written in what document?

- A. Safety plan.
- B. Exercise waivers.
- C. Description of services.
- D. Informed consent.

Answer: D ([LEAVE A REPLY](#))

NEW QUESTION: 29

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

Answer: A ([LEAVE A REPLY](#))

NEW QUESTION: 30

Identifying a patient's risk of complications is important. Which of the following is NOT considered to be a common aspect of the risk identification process?

- A. Review of medical history.
- B. Assessment of work history.
- C. Laboratory results.
- D. Assessment of cardiac risk.

Answer: B ([LEAVE A REPLY](#))

NEW QUESTION: 31

Which of the following is NOT considered to be a benefit of follow- up in an emergency situation?

- A. It allows the staff to finalize the incident report.
- B. It provides information to determine the consequences of the staff's actions.
- C. It provides information regarding the patient's current status, which may help to determine the cause of the emergency.
- D. It provides statistics that will help to justify the emergency response program.

Answer: ([SHOW ANSWER](#))

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NEW QUESTION: 32

Which of the following criteria would NOT classify a client as having "increased risk"?

- A. Two or more major risk factors for CAD.
- B. Male older than 40 years with a history of clinical depression.
- C. Signs and/or symptoms of cardiopulmonary disease.
- D. Signs and/or symptoms of metabolic disease.

Answer: B (LEAVE A REPLY)

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