

010-111^{Q&As}

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QUESTION 1

Which vitamins are classified as fat soluble?

- A. A, B, C, D
- B. A, D, E, K
- C. A, B, D, E
- D. A, C, D, K

Correct Answer: B

QUESTION 2

Your client has discovered she is pregnant through a home pregnancy test. She wants to continue to exercise during her pregnancy and is seeking your help. What is the best recommendation?

- A. Encourage her to continue with her current exercise program with minimal modification until the second trimester.
- B. Decrease the work volume for each workout session.
- C. Encourage her to consult with her physician for any possible limitations.
- D. Encourage her to continue exercising at 50% of her age-predicted maximal heart rate.

Correct Answer: C

QUESTION 3

Which of the following indicates the reason why a female who is pregnant should avoid exercise in the supine position after the first trimester?

- A. obstruction of arterial blood flow
- B. risk of orthostatic hypotension due to obstructed venous return
- C. obstruction of the diaphragm
- D. risk of decreased oxygen consumption due to pressure on the uterus

Correct Answer: B

QUESTION 4

Procuring general liability insurance and _____ provides legal protection for a personal trainer who has been accused of negligence.

- A. professional liability insurance
- B. third party insurance
- C. worker's compensation
- D. employment practices liability insurance

Correct Answer: A

QUESTION 5

Your client is wearing a heart rate monitor while performing a 1.5 mile run to assess aerobic capacity. During the test, your client reaches 85% of her age-predicted heart rate maximum. With this information, you should _____.

- A. continue the test until she reaches 100% of her age-predicted heart rate maximum
- B. terminate the test for safety purposes
- C. continue the test if there is otherwise no reason to believe that the client has reached aerobic capacity
- D. terminate the test if you continue to observe a steady increase in heart rate with increasing workload

Correct Answer: C

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