

010-111^{Q&As}

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QUESTION 1

What plane divides the body into upper and lower sections?

- A. Sagittal
- B. Frontal
- C. Transverse
- D. Median

Correct Answer: C

QUESTION 2

Which of the following statements about dehydroepiandrosterone (DHEA) is correct?

- A. The body does not produce DHEA.
- B. DHEA has been shown to improve body composition and physical performance in most elderly men and women.
- C. The U.S. Food and Drug Administration has classified DHEA as a controlled drug.
- D. DHEA has no potential influence on testosterone production by both men and women.

Correct Answer: C

QUESTION 3

Which of the following is the correct sequence of events when starting the process for exercise prescription for a new client?

- A. Obtain a medical history, have the client perform a risk factor assessment, interpret the data, prescribe exercise, give lifestyle counseling.
- B. Obtain a medical history, have the client perform a risk factor assessment, administer fitness tests, interpret the data, prescribe exercise.
- C. Have the client perform a risk factor assessment, obtain a medical history, administer fitness tests, prescribe exercise and interpret the data.
- D. Have the client perform a fitness assessment, obtain a medical history, give lifestyle counseling, interpret the data, prescribe exercise.

Correct Answer: B

QUESTION 4

Which of the following is characterized as a plane (uniaxial) joint?

- A. Coxal (hip)
- B. Atlantooccipital
- C. Radiocarpal (wrist)
- D. Sacroiliac

Correct Answer: D

QUESTION 5

Which may decrease as a result of chronic aerobic training?

- A. Oxygen consumption at any given absolute workrate.
- B. Plasma triglyceride levels
- C. High-density lipoprotein (HDL) levels
- D. Lactate threshold

Correct Answer: B

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