

010-111^{Q&As}

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QUESTION 1

What effect should a bronchodilator have on your asthmatic client?

- A. Increase airway resistance
- B. Decrease airway resistance
- C. Decrease blood pressure
- D. Increase blood pressure

Correct Answer: B

QUESTION 2

You have a client who recently confided to you that she is getting divorced. She admits to you that her exercise routine has suffered as a result of the increased stress. Which action is most appropriate for you to take?

- A. Recommend that she increase the duration of her sessions as a way to cope with this stressful situation.
- B. Recommend that she seek a mental health professional who can help her manage the increased stress.
- C. Make a future appointment with her to discuss the divorce.
- D. Recommend that she increase the number of sessions as a way to cope with this stressful situation.

Correct Answer: B

QUESTION 3

Which blood lipid is influenced more by physical activity than by nutrition modification?

- A. LDL
- B. HDL
- C. VLDL
- D. Total cholesterol

Correct Answer: B

QUESTION 4

Mitral valve prolapse is a condition which primarily affects the .

- A. Sino-atrial node.

- B. Bicuspid valve.
- C. Tricuspid valve.
- D. Descending aorta.

Correct Answer: B

QUESTION 5

An athlete in heavy endurance training should maintain a daily carbohydrate intake that is approximately what percentage of his/her total energy intake?

- A. 30%
- B. 55%
- C. 65%
- D. 85%

Correct Answer: C

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