

020-222^{Q&As}

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QUESTION 1

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

Correct Answer: A

QUESTION 2

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

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

Correct Answer: A

QUESTION 3

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 4

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 5

A client must be given specific instructions for the days preceding a fitness assessment. Which of the following is NOT a necessary instruction to a client for a fitness assessment?

- A. Men and women should avoid liquids for 12 hours before the test.
- B. Clients should be instructed to avoid alcohol, tobacco products, or caffeine at least 3 hours before the test.
- C. Clients should avoid strenuous exercise or physical activity on the day of the test.
- D. Men and women should be instructed to get an adequate amount of sleep the night before the assessment.

Correct Answer: A

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