

030-333^{Q&As}

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QUESTION 1

The MINIMAL duration of exercise necessary to achieve improvements in health for deconditioned individuals is:

- A. 20 minutes continuously.
- B. 30 minutes continuously.
- C. Multiple sessions of more than 10 minutes in duration throughout the day.
- D. Two sessions of 20 minutes throughout the day.

Correct Answer: C

QUESTION 2

Which type of financial analysis would be appropriate for a not-for-profit program that wishes to determine the amount of revenue from program fees needed so that no other sources of revenue are required to meet the program's expenses?

- A. Break-down analysis.
- B. Break-even analysis.
- C. Profitability analysis.
- D. Margin analysis.

Correct Answer: B

QUESTION 3

What condition can cause ST-segment elevation?

- A. Digitalis toxicity.
- B. Hypocalcemia.
- C. Hypokalemia.
- D. Acute pericarditis.

Correct Answer: D

QUESTION 4

Athletes who exercise in the heat and humidity have a special need for fluid replacement. Current guidelines suggest that athletes should:

- A. Consume 16 to 24 fluid ounces of water for every pound of weight lost.
- B. Drink nothing but alcoholic beverages after engaging in exercise.
- C. Avoid drinking water after exercise because of the danger of cramps.
- D. Eat salt tablets with every meal during the hot summer months.

Correct Answer: A

QUESTION 5

What is the relative \dot{V}_{O_2} of walking on a treadmill at 3.5 mph and a 10% grade?

- A. $181.72 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$
- B. $18.17 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$
- C. $29.76 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$
- D. $27.96 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: C

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