

040-444^{Q&As}

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QUESTION 1

Which of the following is NOT a major food fuel during exercise?

- A. Glucose.
- B. Fatty acids.
- C. Protein.
- D. Glycogen.

Correct Answer: C

QUESTION 2

All of the following are special considerations in prescribing exercise for the client with arthritis EXCEPT

- A. The possible need to splint painful joints for protection.
- B. Periods of acute inflammation result in decreased pain and joint stiffness.
- C. The possibility of gait abnormalities as compensation for pain or stiffness.
- D. The need to avoid exercise of warm, swollen joints.

Correct Answer: B

QUESTION 3

A baseball pitcher has been complaining of weakness in the lateral rotation motions of the shoulder. You have been asked to evaluate him for a strengthening program. Which of the following muscles would you have him concentrate on strengthening?

- A. Subscapularis.
- B. Teres major.
- C. Latissimus dorsi.
- D. Teres minor.

Correct Answer: D

QUESTION 4

Which of the following is a fixed expense?

- A. Office supplies.

- B. Salaries.
- C. Utilities (e.g., telephone).
- D. Laboratory charge backs for blood work.

Correct Answer: B

QUESTION 5

An appropriate exercise for improving the strength of the low back muscles are

- A. Straight leg lifts.
- B. Parallel squats.
- C. Spinal extension exercises.
- D. Sit-ups with feet anchored.

Correct Answer: C

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