

030-333^{Q&As}

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QUESTION 1

What do effective program administration and management create and/or reduce?

- A. They create problems with staff egos.
- B. They reduce memberships.
- C. They create successful programs and reduce problems.
- D. They create more work for the staff and reduce feedback.

Correct Answer: C

QUESTION 2

Controlling pool water temperature (83-88°F), avoiding jarring and weight-bearing activities, and avoiding movement in swollen, inflamed joints are special considerations for exercise in:

- A. Clients after atherectomy.
- B. Clients with angina.
- C. Clients with osteoporosis.
- D. Clients with arthritis.

Correct Answer: D

QUESTION 3

Diets high in saturated fat can lead to elevations in blood concentration, which may increase risk of heart disease. Optimal concentrations of this blood lipoprotein are:

- A. Very LDL-C,