



010-111^{Q&As}

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QUESTION 1

You are working as a certified Personal Trainer, and 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 of the following actions is most appropriate for you to take?

- A. Recommend that she increase the duration of her sessions scheduled with you 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 scheduled with you as a way to cope with this stressful situation.

Correct Answer: B

QUESTION 2

Older adults may have difficulty performing activities of daily living due to _____.

- A. decreased joint mobility
- B. increased percent of type I muscle fibers
- C. decreased maximal heart rate
- D. increased muscle elasticity

Correct Answer: A

QUESTION 3

Which of the following structures are important to anterior/posterior postural observation and analysis?

- A. Vertebral column for scoliosis and scapula for balance
- B. Glenohumeral joint for balance and elbow/wrist for alignment
- C. Vertebral column for balance and elbow/wrist for rotation
- D. Glenohumeral joint for rotation and scapula for balance

Correct Answer: A

QUESTION 4

Which structure is responsible for maintaining atrio-ventricular valve closure in the heart?



- A. Purkinje Fibers
- B. Foramen Ovale
- C. Papillary muscle
- D. Cardiac myocyte

Correct Answer: C

QUESTION 5

Determining an organization's guiding principles and goals is one element of _____.

- A. strategic planning
- B. risk management
- C. leadership behaviors
- D. facility management

Correct Answer: A

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