



010-111^{Q&As}

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QUESTION 1

In comparison to type I muscle fibers, type II fibers _____.

- A. Have a higher capacity to generate energy through the electron transport system
- B. Have a higher capacity to generate energy from fat
- C. Are recruited at a higher percentage of maximum force
- D. Are capable of greater endurance

Correct Answer: C

QUESTION 2

When developing an exercise prescription for a client visiting a high altitude environment (over 1500 m), the personal trainer should be aware that _____.

- A. it may take about a week to fully acclimate to the altitude
- B. it may take up to two weeks to overcome decreased exercise performance
- C. submaximal heart rate would be lower during the exercise session
- D. aerobic capacity is reduced due to higher partial pressures of oxygen

Correct Answer: B

QUESTION 3

Which exercise works best in isolating the soleus muscle?

- A. Standing heel raises.
- B. Seated ankle extensions with the knees straight.
- C. Seated heel raises with flexed knees.
- D. Half squats with external rotation of the hip joint.

Correct Answer: C

QUESTION 4

Case study: A new client who has been resistance training for 6 months, comes to you with a goal of increasing muscular size. Following health appraisal and fitness testing including a modified 1 RM test, you design a program to meet the client's goal. Which of the following regimens best defines an appropriate plan to achieve this client's goal?



- A. 4-6 sets of 6-12 repetitions at 85% 1 RM
- B. 1-3 sets of 10-15 repetitions at 75% 1 RM
- C. 4-6 sets of 10-15 repetitions at 60% 1 RM
- D. 1-3 sets of 6-12 repetitions at 60% 1 RM

Correct Answer: A

QUESTION 5

A 50-year-old woman who quit smoking 5 months ago with a BP of 120/90 mmHg, a BMI of 29 kg/m², a LDL of 135 mg/dL, and a HDL of 70 mg/dL wants to start an exercise program. How many net positive risk factors does she have?

- A. 2
- B. 3
- C. 4
- D. 5

Correct Answer: A

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