



010-111^{Q&As}

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QUESTION 1

The ACSM recommended exercise prescription for developing and maintaining muscular strength and endurance for health and fitness includes a minimum of:

- A. 1 set of 8-12 repetitions using 8-10 exercises that train the major muscle groups of the upper and lower body.
- B. 2-3 sets of 10-15 repetitions using 80% of the 1 repetition maximum (RM) for exercises that train the major muscle groups of the upper and lower body.
- C. 2-3 sets of 8-12 repetitions alternating days between upper and lower body exercises.
- D. 1-2 sets of 8-15 repetitions using 50-85% of the 1 repetition maximum (RM) for exercises that train the major muscle groups of the upper and lower body.

Correct Answer: A

QUESTION 2

General guidelines for increasing flexibility of the hamstring muscles include _____.

- A. warm-up, exhale during the stretch and maintain neutral position of the spine
- B. static stretching and maintaining forward spinal flexion
- C. warm-up, inhale during the stretch and maintain neutral position of the spine
- D. static stretching and maintaining spinal rotation

Correct Answer: A

QUESTION 3

Using the Heart Rate Reserve method, what is the target heart rate for a 40 year-old man with a resting heart rate of 70 beats/min, exercising at an intensity of 65%?

- A. 110 beats/min
- B. 129 beats/min
- C. 142 beats/min
- D. 180 beats/min

Correct Answer: C

QUESTION 4

Which of the following locations is most sensitive to the baroreceptor reflex , when palpating the pulse of an exercising



client?

- A. Radial artery
- B. Carotid artery
- C. Brachial artery
- D. Femoral artery

Correct Answer: B

QUESTION 5

A process that entails conveying complete understanding to a client or patient about his or her options to choose to participate in a procedure, test, service, or program is known as a(n) _____.

- A. informed consent
- B. release or waiver
- C. standard of care
- D. assurance of instruction

Correct Answer: A

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