



010-111^{Q&As}

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**QUESTION 1**

Following a 12 week aerobic conditioning program, an individual running at a submaximal workload would be expected to have a(n) _____ circulating blood lactate level as compared to the value obtained at that same absolute workload prior to the conditioning program.

- A. somewhat higher
- B. somewhat lower
- C. substantially higher
- D. equivalent

Correct Answer: B

QUESTION 2

Which of the following correctly describes the technique used in PNF (Proprioceptive Neuromuscular Facilitation)?

- A. Passively moving the muscle in dynamic motion to increase flexibility.
- B. A contract-relax sequence to relax the muscle stretch reflex mechanism.
- C. Using muscle contraction of the extensors followed by muscle contraction of the flexors.
- D. The required period of exercise for eliciting adaptation.

Correct Answer: B

QUESTION 3

A subject with elbows held at 90 degrees of flexion is handed a 150 lb (68.1kg) barbell. Even though he exerts maximal tension, the barbell causes the joint angle to increase to 170 degrees. Which one of the following describes the muscle action during the extension?

- A. Isotonic concentric
- B. Isotonic eccentric
- C. Isokinetic concentric
- D. Isokinetic eccentric

Correct Answer: B

QUESTION 4

What resistance training method is described by a light to heavy or heavy to light progression of sets?



- A. Pyramid
- B. Superset
- C. Negative set
- D. Volume training

Correct Answer: A

QUESTION 5

Which of the following is the correct energy expenditure in METs associated with an exercise oxygen uptake of 28 ml?g-1?in-1?

- A. 8
- B. 10
- C. 98
- D. 112

Correct Answer: A

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