



010-111^{Q&As}

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QUESTION 1

Which of the following screening mechanisms would best optimize safety during exercise testing and aid in the development of a safe and effective exercise prescription?

- A. Postural analysis and bone density screening
- B. Health history screening to determine risk stratification
- C. PAR-Q form and prudent goal setting
- D. Health history screening to identify metabolic syndrome

Correct Answer: B

QUESTION 2

A certified Personal Trainer fails to properly spot a client performing heavy incline dumbbell presses and the client injures himself. This is an example of what type of negligence?

- A. Casual
- B. Serious
- C. Omission
- D. Commission

Correct Answer: C

QUESTION 3

A client's workout record shows changes in exercise volume and intensity over time. What training concept is being demonstrated?

- A. Specificity
- B. Overtraining
- C. Reversibility
- D. Periodization

Correct Answer: D

QUESTION 4

A client is attempting to lose 10 pounds. In order to lose 1.5 pounds per week, she will have to reduce her caloric intake per day by how many calories?



- A. 350
- B. 500
- C. 750
- D. 1000

Correct Answer: C

QUESTION 5

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

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