



010-111^{Q&As}

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QUESTION 1

Doris is an 80 year-old client who is beginning an exercise program. What is recommended when providing initial stability ball training?

- A. Teach center of gravity awareness after demonstrating rotation movements.
- B. Place the ball close to a wall during the first few sessions
- C. Use smooth floor surfaces as opposed to carpet.
- D. Bounce gently on the ball to improve cardiorespiratory endurance.

Correct Answer: B

QUESTION 2

In order to lose 1.5 pounds per week with diet alone, one would have to reduce his/her daily caloric intake per day by _____ kilocalories.

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

Correct Answer: C

QUESTION 3

According to ACSM guidelines, a _____ client who is beginning a/n _____ is recommended to obtain a medical examination and graded exercise test.

- A. 24 year old, sedentary male; moderate-intensity walking program
- B. 62 year old, sedentary and overweight male; moderate-intensity biking program
- C. 20 year old female who smokes one pack of cigarettes per day; eight week resistance training class
- D. 46 year old female, newly diagnosed with type 2 diabetes; cycling class

Correct Answer: D

QUESTION 4

What is the training phase that is designed to establish an initial base of conditioning to increase tolerance for more intense training?



- A. Post-season
- B. Off-season
- C. Preparatory
- D. Competition

Correct Answer: C

QUESTION 5

Which of the following is a limiting factor when using the body mass index (BMI) to determine obesity and disease risk?

- A. Body density must be computed or estimated first.
- B. Skinfold thicknesses must be measured first.
- C. Fat and lean tissue weights are not differentiated.
- D. Underestimates individuals with above average muscle mass.

Correct Answer: C

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