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QUESTION 1

The definition of cardiorespiratory fitness is

- A. The maximal force that a muscle or muscle group can generate in a single effort.
- B. The coordinated capacity of the heart, blood vessels, respiratory system, and tissue metabolic systems to take in, deliver, and use oxygen.
- C. The ability to sustain a held maximal force or to continue repeated sub maximal contractions.
- D. The functional ROM about a joint.

Correct Answer: B

QUESTION 2

Fire, bloodborne pathogens, and power outage should all be included in

- A. Facility insurance.
- B. Safety plans.
- C. Maintenance plans.
- D. Testing by the facility and staff.

Correct Answer: B

QUESTION 3

A male client is 42 years old. His father died of a heart attack at age 62. He has a consistent resting blood pressure (measured over 6 weeks) of 132/86 mm Hg and a total serum cholesterol of 5.4 mmol/L. Based on his CAD risk stratification, which of the following activities is appropriate?

- A. Maximal assessment of cardiorespiratory fitness without a physician supervising.
- B. Sub maximal assessment of cardiorespiratory fitness without a physician supervising.
- C. Vigorous exercise without a previous medical assessment.
- D. Vigorous exercise without a previous physician-supervised exercise test.

Correct Answer: C

QUESTION 4

For a client taking a 1-blocker who has lowered resting blood pressure and heart rate, which of the following statements is TRUE?



- A. A submaximal test will provide the best estimate of the client's fitness.
- B. A submaximal test may underestimate the client's fitness.
- C. A submaximal test may overestimate the client's fitness.
- D. The client should be tested only when not taking the medication.

Correct Answer: C

QUESTION 5

What is OSHA?

- A. A state agency that licenses medical facilities.
- B. A federal agency that sets standards for staff and patient safety.
- C. An agency that certifies a managed care organization.
- D. A state agency that inspects emergency protocols within medical facilities.

Correct Answer: B

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