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QUESTION 1

The preparation of professional staff should include training in

- A. Advanced basic life support and ENT.
- B. CPR and basic life support.
- C. CPR and EMS.
- D. Advanced cardiac life support and ENT.

Correct Answer: B

QUESTION 2

A well-designed consent document developed in consultation with a qualified legal professional provides your facility with

- A. Documentation of a good-faith effort to educate your clients.
- B. Legal documentation of a client's understanding of assessment procedures.
- C. Legal immunity against lawsuits.
- D. No legal benefit.

Correct Answer: A

QUESTION 3

Emergency procedures should be

- A. Given to all clients when they join.
- B. Put away in a safe place.
- C. Posted under each phone.
- D. Posted above each fire extinguisher.

Correct Answer: C

QUESTION 4

RICES refers to



- A. Relaxation, Ice, Compression, Energy, and Stabilization.
- B. Relaxation, Incremental heat, Care for injury, Energy, and Standardization.
- C. Rest, Ice, Common sense, Energy, and Standardization.
- D. Rest, Ice, Compression, Elevation, and Stabilization.

Correct Answer: D

QUESTION 5

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

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