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QUESTION 1

In preventing injuries, hydration is very important, because

- A. It controls breathing and the Valsalva maneuver.
- B. It helps to regulate carbohydrate utilization during cardiovascular exercise.
- C. It helps to regulate body temperature and electrolyte balance. s
- D. It helps to prevent blood pooling during the cool-down.

Correct Answer: C

QUESTION 2

Documentation offers important

- A. Liability and negligence protection.
- B. Liability and risk protection.
- C. Safety and communication programs.
- D. Billing and classification tools.

Correct Answer: A

QUESTION 3

Given the sensitivity of the exercise ECG, stress testing conducted on 100 cardiac rehabilitation clients with documented CAD would be expected to produce what results?

- A. All 100 clients show ECG indicators of CAD.
- B. Approximately 50 clients show ECG indicators of CAD.
- C. Approximately 30 clients would show ECG indicators of CAD.
- D. Approximately 70 clients would show ECG indicators of CAD.

Correct Answer: D

QUESTION 4

A patient who exhibits tachycardia, diaphoresis, light-headedness, and visual disturbances may be experiencing

- A. Hypoglycemia.



- B. Congestive heart failure.
- C. Hyperglycemia.
- D. Hypotension.

Correct Answer: A

QUESTION 5

Which of the following is NOT part of an emergency plan?

- A. The plan should list the schedule of each staff member so that they can all be accounted for during an emergency.
- B. The plan must be written.
- C. The plan should outline each specific action.
- D. The staff should be prepared and trained in the plan.

Correct Answer: A

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