



030-333^{Q&As}

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QUESTION 1

Why is public relations important to a fitness program?

- A. It helps to promote the program and staff to the public.
- B. It reduces the risk of legal action against your staff.
- C. It lowers your malpractice insurance premium by promoting quality.
- D. It makes sure that your clients are happy and getting what they want.

Correct Answer: A

QUESTION 2

Incident reports are important, because:

- A. They inform the manager which employees are performing poorly.
- B. They indicate which members are problematic and should be dismissed.
- C. They document and give details of any incident or problem that occurs.
- D. State laws often require them.

Correct Answer: C

QUESTION 3

An ideal weight-loss program should set a goal of _ pounds per week, with an energy intake of not less than _ kcal/day.

- A. 10, 1,600.
- B. 3-5, 1,500.
- C. 1-2, 1,200.
- D. None of the above.

Correct Answer: C

QUESTION 4

The rules and regulations of a facility are commonly referred to as:

- A. The law.
- B. The client rights statement.



C. Policies and procedures.

D. A check and balance for management and clients.

Correct Answer: C

QUESTION 5

The exercise leader or health/fitness instructor should modify exercise sessions for participants with hypertension by:

A. Shortening the cool-down to less than 5 minutes.

B. Eliminating resistance training completely.

C. Prolonging the cool-down.

D. Implementing high-intensity (>85% of HRR), short-duration intervals.

Correct Answer: C

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