



030-333^{Q&As}

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QUESTION 1

According to the most recent National Institutes of Health's Clinical Guidelines for the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, recommendations for practical clinical assessment include.

- A. Determining total body fat through the BMI to assess obesity.
- B. Determining the degree of abdominal fat and health risk through waist circumference.
- C. Using the waist-to-hip ratio as the only definition of obesity and lean muscle mass.
- D. Both A and B.

Correct Answer:

QUESTION 2

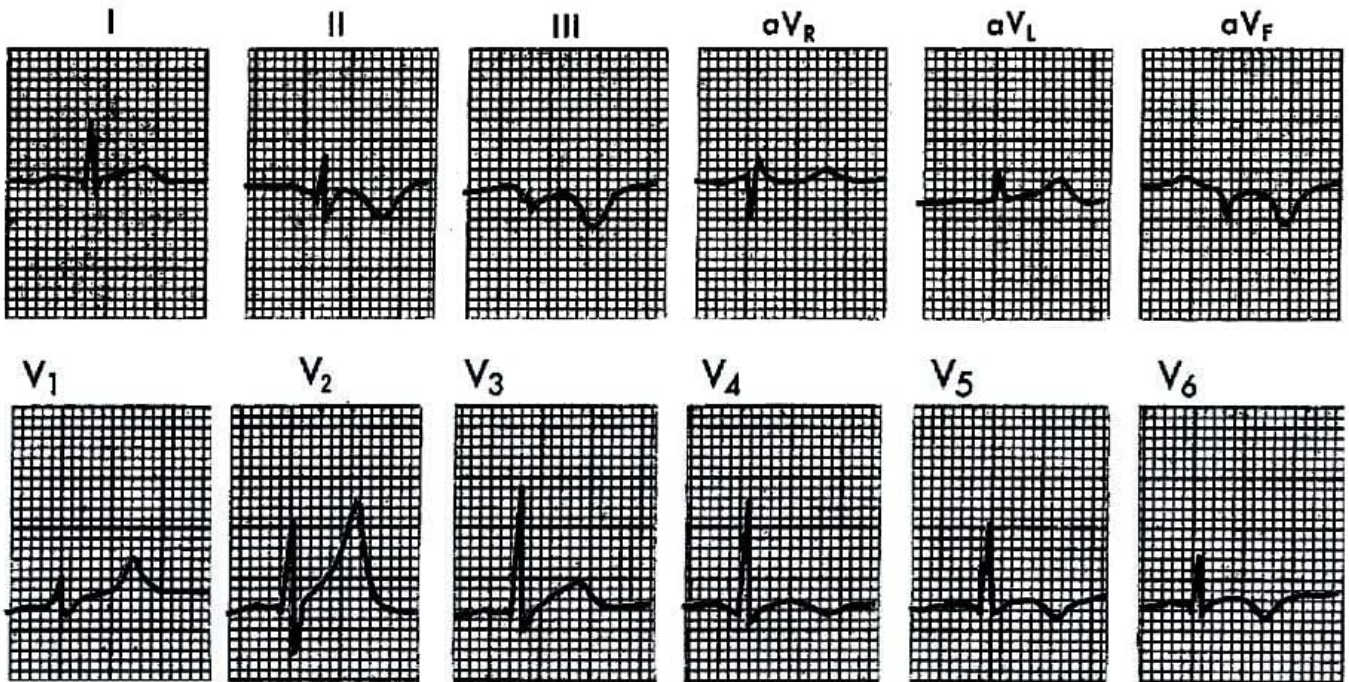
What should the manager's involvement be in developing fitness programs?

- A. The manager should maintain a hands-off approach.
- B. The manager should be involved only in the budgeting and final approval.
- C. The manager should be the only person involved in program development.
- D. The manager should be active as a program developer as well as a resource, supporter, and critic for programs developed by other staff.

Correct Answer: D

QUESTION 3

In the ECG strip shown below, what disorder is indicated?



- A. Subendocardial ischemia.
- B. Transmural ischemia.
- C. Acute inferior MI.
- D. Posterior MI

Correct Answer: D

QUESTION 4

If a 70-kg man runs on a treadmill at 8 mph and a 0% grade for 45 minutes, what is his caloric expenditure?

- A. 1,067.07 calories.
- B. 392.18 calories.
- C. 730.48 calories.
- D. Not enough information to answer the question

Correct Answer: C

QUESTION 5

Which of the following statements about confidentiality is NOT true?

- A. All records must be kept by the program director/manager under lock and key.



- B. Data must be available to all individuals who need to see it.
- C. Data should be kept on file for at least 1 year before being discarded.
- D. Sensitive information (e.g., participant's name) needs to be protected.

Correct Answer: C

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