



040-444^{Q&As}

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QUESTION 1

The chemical energy that is directly converted to do work is

- A. ATP.
- B. Creatine phosphate.
- C. Beta oxidation of fatty acids.
- D. All of the above.

Correct Answer: A

QUESTION 2

Fast-twitch muscle fibers have which of the following characteristics compared with slow-twitch muscle fibers?

- A. Easily fatigued and well-developed aerobic system.
- B. High force production and well-developed blood supply.
- C. HighPCr stores and high ATPase stores.
- D. None of the above.

Correct Answer: C

QUESTION 3

An appropriate exercise for improving the strength of the low back muscles are

- A. Straight leg lifts.
- B. Parallel squats.
- C. Spinal extension exercises.
- D. Sit-ups with feet anchored.

Correct Answer: C

QUESTION 4

Which does NOT help to establish a supportive relationship?

- A. Exhibit empathy.
- B. Legitimize concerns.



- C. Respect the person's abilities and efforts.
- D. Address the agenda.

Correct Answer: D

QUESTION 5

An individual would not increase self-efficacy by

- A. Performance accomplishments.
- B. Vicarious experience.
- C. Verbal persuasion.
- D. Using a decisional balance sheet.

Correct Answer: D

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