



040-444^{Q&As}

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QUESTION 1

A sedentary lifestyle

- A. Has a risk similar to that of hypertension, high cholesterol, and cigarette smoking.
- B. Increases HDL cholesterol.
- C. Increases the sensitivity to insulin.
- D. Has little influence on post-MI mortality rates.

Correct Answer: A

QUESTION 2

For a client who has a contraindication to exercise testing but could benefit greatly from the information gained through testing, which of the following statements is TRUE?

- A. The contraindication is considered to be a relative contraindication.
- B. The contraindication is considered to be an absolute contraindication.
- C. The client should not be tested until the contraindication is resolved.
- D. A submaximal test is the only test that the client should complete.

Correct Answer: A

QUESTION 3

The goal for the obese exercise participant should be to

- A. Sweat as much as possible.
- B. Exercise at 85% of HRR.
- C. Perform resistance exercise three to five times per week.
- D. Expend 300 to 500 calories per exercise session.

Correct Answer: D

QUESTION 4

Angular motion occurs when

- A. A force is applied off-center to a freely- moveable object.



- B. A freely-movable object moves in a straight line when a force is applied on-center.
- C. An object is free to move only in a linear path.
- D. All of the above.

Correct Answer: A

QUESTION 5

Which of the following diseases is NOT typically associated with obesity?

- A. Diabetes.
- B. Skin cancer.
- C. Coronary artery disease.
- D. Colon cancer.

Correct Answer: B

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