



ACSM Registered Clinical Exercise Physiologist

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### **QUESTION 1**

The rear-foot motion called pronation results from a combination of

- A. Abduction, eversion, and plantarflexion.
- B. Adduction, inversion, and plantarflexion.
- C. Abduction, eversion, and dorsiflexion.
- D. Adduction, inversion, anddorsiflexion.

Correct Answer: C

#### **QUESTION 2**

The treatment modality RICES includes all of the following EXCEPT

- A. Covering.
- B. Ice.
- C. Stabilization.
- D. Rest.
- Correct Answer: A

### **QUESTION 3**

Myocardial cells can be excited in response to all of the following stimuli EXCEPT:

- A. Electrical
- B. Chemical
- C. Mechanical
- D. Emotional
- Correct Answer: D

#### **QUESTION 4**

Which of the following medical conditions is NOT part of the female athlete triad?

- A. Disordered eating.
- B. Osteoporosis.



- C. Amenorrhea.
- D. Anemia.

Correct Answer: D

## **QUESTION 5**

Blood leaving the heart to be oxygenated in the lungs must first pass through the right atrium and ventricle. Through which valve does blood flow when moving from the right atrium to the right ventricle?

- A. Bicuspid valve.
- B. Tricuspid valve.
- C. Pulmonic valve.
- D. Aortic valve.
- Correct Answer: B

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