



040-444^{Q&As}

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QUESTION 1

The P wave on the ECG can be

- A. Negative
- B. Positive
- C. Isoelectric
- D. Either positive or negative

Correct Answer: D

QUESTION 2

Which of the following statements true regarding exercise leadership is FALSE?

- A. The exercise leader should be fit enough to exercise with any of his or her participants.
- B. Most people are not bored by exercise and can easily find time to participate in an exercise program.
- C. The exercise leader should adjust the exercise intensity based on individual differences in fitness.
- D. Periodic fitness assessment may provide evidence of improvement in fitness for some participants.

Correct Answer: B

QUESTION 3

The arm is capable of performing all of the following motions EXCEPT

- A. Flexion.
- B. Abduction.
- C. Inversion.
- D. Supination.

Correct Answer: C

QUESTION 4

Which type of musculoskeletal lever is most common?

- A. First-class.
- B. Second-class.



C. Third-class.

D. Fourth-class.

Correct Answer: C

QUESTION 5

A baseball pitcher has been complaining of weakness in the lateral rotation motions of the shoulder. You have been asked to evaluate him for a strengthening program. Which of the following muscles would you have him concentrate on strengthening?

A. Subscapularis.

B. Teres major.

C. Latissimus dorsi.

D. Teres minor.

Correct Answer: D

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