



040-444^{Q&As}

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QUESTION 1

What do effective program administration and management create and/or reduce?

- A. They create problems with staff egos.
- B. They reduce memberships.
- C. They create successful programs and reduce problems.
- D. They create more work for the staff and reduce feedback.

Correct Answer: C

QUESTION 2

Slapping of the foot during heel strike and increased knee and hip flexion during swing are characteristic of

- A. Weakness in the gluteusmedius and minimus.
- B. Weakness in the quadricepsfemoris.
- C. Weakness in theplantarflexors.
- D. Weakness in the dorsiflexors.

Correct Answer: D

QUESTION 3

Any physical activity with a performance time of approximately 30 seconds or less relies on which of the following energy systems?

- A. ATP.
- B. PCr.
- C. ATP-PCr.
- D. Aerobicglycolysis.

Correct Answer: C

QUESTION 4

What is OSHA?

- A. A state agency that licenses medical facilities.



- B. A federal agency that sets standards for staff and patient safety.
- C. An agency that certifies a managed care organization.
- D. A state agency that inspects emergency protocols within medical facilities.

Correct Answer: B

QUESTION 5

At what running speed would you set a level treadmill at to elicit an Vo_2 of $40 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$?

- A. 5.0 mph
- B. 6.8 mph
- C. 18.25m . min-1
- D. 18.25 mph

Correct Answer: B

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