

030-333^{Q&As}

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QUESTION 1

A client taking a calcium-channel blocker most likely will exhibit which of the following responses during exercise?

- A. Hypertensive response.
- B. Increased ischemia.
- C. Improved anginal thresholds.
- D. Severe hypotension.

Correct Answer: C

QUESTION 2

A common measure to assist in the evaluation of body fat distribution is:

- A. Height/weight charts.
- B. Total body weight.
- C. WHR.
- D. Total body water.

Correct Answer: C

QUESTION 3

During the cool-down phase of an exercise session, clients should be encouraged to:

- A. Rehydrate.
- B. Decrease the intensity of activity quickly to decrease cardiac afterload.
- C. Limit the cool-down period to 5 minutes.
- D. Increase the number of isometric activities.

Correct Answer: A

QUESTION 4

Which of the following is NOT an appropriate treatment activity for inpatient rehabilitation of a client on the second day after coronary artery bypass graft (CABG) surgery?

- A. Limit activities as tolerated to the development of self-care activities, ROM for extremities, and low-resistance activities.
- B. Limit upper body activities to biceps curls, horizontal arm adduction, and overhead press using 5-pound weights while sitting on the side of the bed.
- C. Progress all activities performed from supine to sitting to standing.
- D. Measure vital signs, symptoms, RPE, fatigue, and skin color and perform electrocardiography before, during, and after treatments to assess activity tolerance.

Correct Answer: B

QUESTION 5

Some of the duties in supervising a fitness staff include scheduling, implementing the policies and procedures, and:

- A. Cleaning the equipment.
- B. Emergency procedures and evaluations.
- C. Marketing and promotions.
- D. Managing the fitness billing.

Correct Answer: B

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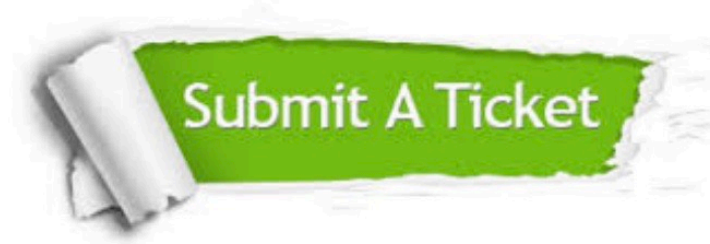
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