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QUESTION 1

Which of the following statements regarding cooldown is FALSE?

- A. The emphasis should be large muscle activity performed at a low to moderate intensity.
- B. Increasing venous return should be a priority during cool-down.
- C. The potential for improving flexibility may be improved during cool-down as compared with warm-up.
- D. Between 1 and 2 minutes are recommended for an adequate cool-down.

Correct Answer: D

QUESTION 2

A 110-pound female pedals a Monark cycle ergometer at 50 rpm against a resistance of 2.5 kiloponds. Calculate her absolute $\dot{V}O_2$.

- A. 300 mL \cdot min⁻¹
- B. 750 mL \cdot min⁻¹
- C. 1.25 L \cdot min⁻¹
- D. 1.7 L \cdot min⁻¹

A. B. C. D.

Correct Answer: D

QUESTION 3

According to the most recent National Institutes of Health's Clinical Guidelines for the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, recommendations for practical clinical assessment include.

- A. Determining total body fat through the BMI to assess obesity.
- B. Determining the degree of abdominal fat and health risk through waist circumference.
- C. Using the waist-to-hip ratio as the only definition of obesity and lean muscle mass.
- D. Both A and B.

Correct Answer:

QUESTION 4

Which of the following is an example of participant interaction as part of the supportive role of a manager?

- A. Offering a shoulder on which to cry.
- B. Conducting surveys, and responding to client needs.
- C. Encouraging members to "let go" in exercise classes.
- D. Having members teach classes.

Correct Answer: B

QUESTION 5

How many calories will a 110-pound woman expend if she pedals on a Monark cycle ergometer at 50 rpm against a resistance of 2.5 kiloponds for 60 minutes?

- A. 12.87 calories.
- B. 31.28 calories.
- C. 510 calories.
- D. 3,500 calories.

Correct Answer: C

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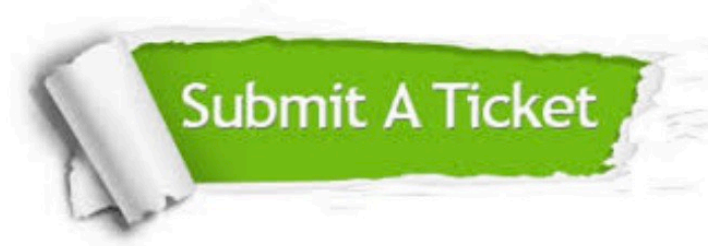
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