

020-222^{Q&As}

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QUESTION 1

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 2

Which of the following is NOT a principle of low back care?

- A. Abdominal curl-ups/
- B. Unloaded flexion/extension of the spine.
- C. Neutral spine during all exercises.
- D. Controlled leg press or squat with light weights.

Correct Answer: D

QUESTION 3

What U.S. legislation is critical for operators of fitness facilities to understand and adhere to regarding safety?

- A. The Americans with Handicaps Act.
- B. The Civil Rights Act of 1966.
- C. The Health Portability Act of 1996.
- D. The Americans with Disabilities Act.

Correct Answer: D

QUESTION 4

A "cold spot" detected in the inferior portion of the left ventricle during a stress test that resolves 3 hours later most likely indicates

- A. An old inferior MI.
- B. A MI that is healing.
- C. Reversible myocardial ischemia.
- D. The need for multiple bypass surgery.

Correct Answer: C

QUESTION 5

Which of the following is an indication for terminating an exercise test?

- A. The client requests test termination.
- B. The respiratory exchange rate exceeds 0.95.
- C. The maximal heart rate exceeds 200 bpm.
- D. The RPE exceeds 17 on the standard scale.

Correct Answer: A

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