

030-333^{Q&As}

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QUESTION 1

In a budget for a clinical exercise rehabilitation program, all of the following are examples of variable expenses EXCEPT:

- A. ECG electrodes.
- B. Temporary wages.
- C. Rental fees for the facility space.
- D. Consultant fees.

Correct Answer: C

QUESTION 2

Fiber is a type of carbohydrate that is not digestible (e.g., it will pass through the digestive system without being absorbed). The NCEP ATPIII guidelines recommend that soluble (viscous) fiber be included in the diet for the prevention and treatment of elevated blood lipid concentrations. Sources of soluble (viscous) fibers include:

- A. Fruits, beans, and oats.
- B. Meat and dairy foods.
- C. Wheat bran and whole wheat products.
- D. All of the above.

Correct Answer: A

QUESTION 3

A client with type 1 diabetes mellitus checks her fasting morning glucose level on her whole-blood glucose meter (fingerstick method), and the result of 253 mg/dL (14 mmol/L). A urine test is positive for ketones before her exercise session. What action should you take?

- A. Allow her to exercise as long as her glucose is not greater than 300 mg/dL (17 mmol/L).
- B. Not allow her to exercise this session, and notify her physician of the findings.
- C. Give her an extra carbohydrate snack, and wait 5 minutes before beginning exercise.
- D. Readjust her insulin regimen for the remainder of the day to compensate for the high morning glucose level.

Correct Answer: B

QUESTION 4

The goal for the obese exercise participant should be to:

- A. Sweat as much as possible.
- B. Exercise at 85% of HRR.
- C. Perform resistance exercise three to five times per week.
- D. Expend 300 to 500 calories per exercise session.

Correct Answer: D

QUESTION 5

What are some of the common sales "rules" in promoting your fitness program?

- A. Selling memberships at any cost is key.
- B. You know more than they do, so be aggressive.
- C. Honesty and an understanding of the needs of the potential member are always the best way.
- D. Long-term agreements make more money than short-term agreements.

Correct Answer: C

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