

030-333^{Q&As}

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QUESTION 1

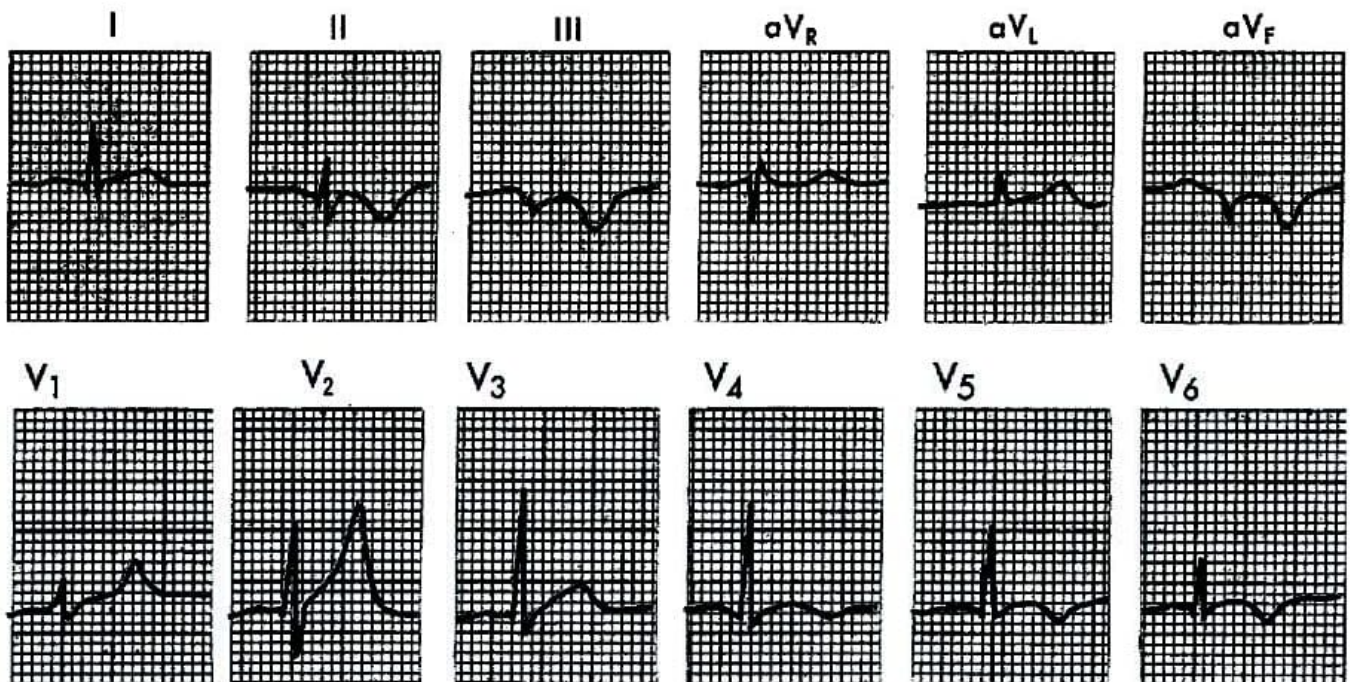
Athletes who exercise in the heat and humidity have a special need for fluid replacement. Current guidelines suggest that athletes should:

- A. Consume 16 to 24 fluid ounces of water for every pound of weight lost.
- B. Drink nothing but alcoholic beverages after engaging in exercise.
- C. Avoid drinking water after exercise because of the danger of cramps.
- D. Eat salt tablets with every meal during the hot summer months.

Correct Answer: A

QUESTION 2

In the ECG strip shown below, what disorder is indicated?



- A. Subendocardial ischemia.
- B. Transmural ischemia.
- C. Acute inferior MI.
- D. Posterior MI

Correct Answer: D

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

To lose one pound (=0.5 kg) of body fat, how much of an energy deficit must be created by diet and or physical activity?

- A. 2,000 kcal.
- B. 2,500 kcal.
- C. 3,000 kcal.
- D. 3,500 kcal.

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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