

030-333^{Q&As}

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QUESTION 1

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 2

Subendocardial ischemia usually produces

- A. ST-segment elevation.
- B. ST -segment depression.
- C. Q waves.
- D. U waves.

Correct Answer: B

QUESTION 3

Using the original Borg scale, it is recommended that the exercise intensity elicit an RPE within the range of:

- A. 8 to 12.
- B. 12 to 16.
- C. 14 to 18.
- D. 6 to 10.

Correct Answer: B

QUESTION 4

One important aspect of staff competency is ensuring that staff members are well trained and kept up to date. Which of the following organizations has recently launched the Registry for Clinical Exercise Physiologists?

- A. AACVPR.

- B. American College of Physicians.
- C. American Heart Association.
- D. ACSM.

Correct Answer: D

QUESTION 5

Why is public relations important to a fitness program?

- A. It helps to promote the program and staff to the public.
- B. It reduces the risk of legal action against your staff.
- C. It lowers your malpractice insurance premium by promoting quality.
- D. It makes sure that your clients are happy and getting what they want.

Correct Answer: A

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