

030-333^{Q&As}

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QUESTION 1

Athletes may have protein needs greater than those of sedentary individuals. What level of protein intake is the recommended UL for athletes?

- A. 0.8 g/kg.
- B. 1.4 g/kg.
- C. 2.2 g/kg.
- D. 1.7 g/kg.

Correct Answer: D

QUESTION 2

In atrial flutter, the stimulation rate is approximately:

- A. 75 bpm
- B. 125 bpm
- C. 200 bpm
- D. 300 bpm

Correct Answer: D

QUESTION 3

What resistance would you set a cycle ergometer at if your 80-kg client needs to train at 6 METs? Assume a 50 rpm cycling cadence.

- A. 1.5 kg.
- B. 2.07 kg.
- C. 0.25 pounds.
- D. 0.45 pounds.

Correct Answer: B

QUESTION 4

Myocardial cells can be excited in response to all of the following stimuli EXCEPT:

- A. Electrical

- B. Chemical
- C. Mechanical
- D. Emotional

Correct Answer: D

QUESTION 5

Why should a fitness operator be concerned with state practice laws?

- A. State laws help to identify illegal aliens who may apply for a job in your club.
- B. State laws may control the number of minority employees working at your club.
- C. State laws may affect how much can be charged for a membership.
- D. Many states have practice acts that control the behavior and actions of fitness instructors.

Correct Answer: D

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