

030-333^{Q&As}

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QUESTION 1

What is the relative Y02 of running on a treadmill at 5.5 mph and a 12% grade?

- A. 29.48 mL . kg⁻¹ . min⁻¹
- B. 45.4 mL . kg⁻¹ . min⁻¹
- C. 47.2 mL . kg⁻¹ . min⁻¹
- D. 48.9 mL . kg⁻¹ . min⁻¹

A. B. C. D.

Correct Answer: D

QUESTION 2

The appropriate exercise HR for an individual on f3-blocking medication would generally be:

- A. 75% of HRR.
- B. 30 bpm above the standing resting HR.
- C. 40% of HRR.
- D. (220 - age) X 0.85.

Correct Answer: A

QUESTION 3

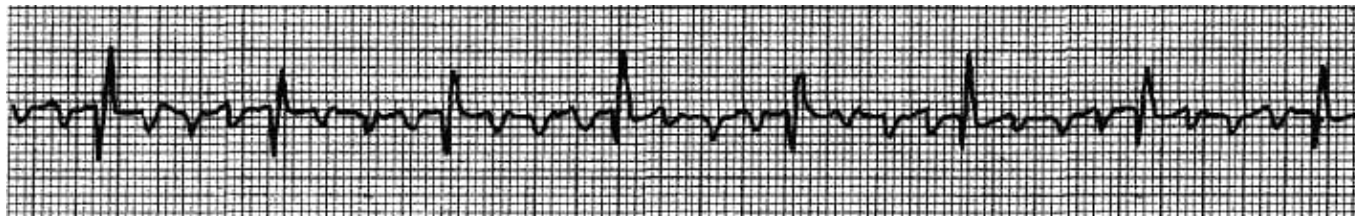
A physician's clearance:

- A. Is not necessary if the client completes the medical history questionnaire.
- B. Is a communication tool with little exercise value?.
- C. Provides information about the physician's attitude regarding your club.
- D. Provides a medical opinion about a client's risk with exercise.

Correct Answer: D

QUESTION 4

In the ECG strip shown below, which arrhythmia is indicated?



- A. Atrial flutter.
- B. Atrial fibrillation.
- C. Premature atrial contractions.
- D. Atrial tachycardia.

Correct Answer: A

QUESTION 5

Which of the following diseases is NOT typically associated with obesity?

- A. Diabetes.
- B. Skin cancer.
- C. Coronary artery disease.
- D. Colon cancer.

Correct Answer: B

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