030-333 Q&As

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QUESTION 1

Which of the following statements regarding exercise for persons with controlled cardiovascular disease is TRUE?

A. Resistance exercise training is dangerous and should be avoided.

B. A physician-supervised exercise test is not necessary to establish exercise intensity.

C. Anginal pain is normal during exercise, and participants should be pushed through the pain.

D. Exercise intensity should be set at an HR of 10 bpm less than the level at which signs/symptoms were evidenced during an exercise test.

Correct Answer: D

QUESTION 2

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 3

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

A. $29.48 \text{ mL} . \text{kg-1} . \text{min-}^1$

B. $45.4 \text{ mL} . \text{kg-1} . \text{min-}^1$

C. $47.2 \text{ mL} . \text{kg-1} . \text{min-}^1$

D. $48.9 \text{ mL} . \text{kg-1} . \text{min-}^1$

A. B. C. D.

Correct Answer: D

QUESTION 4

When determining the intensity level, the RPE is a better indicator than percentage of maximal HR for all of the following groups EXCEPT:

A. Individuals on f3-blockers.

B. Aerobic classes that involve excessive arm movement.

C. Individuals older than 65 years.

D. Individuals involved in high-intensity exercise.

Correct Answer: D

QUESTION 5

What is the relative Yo2 of walking on a treadmill at 3.5 mph and a 10% grade?

A. $181.72 \text{ mL} \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$

B. $18.17 \text{ mL} \cdot \text{kg-1} \cdot \text{min-}^{1}$

C. $29.76 \text{ mL} \cdot \text{kg-1} \cdot \text{min-}^{1}$

D. $27.96 \text{ mL} \cdot \text{kg-1} \cdot \text{min}^{-1}$

A. B. C. D.

Correct Answer: C

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