

040-444^{Q&As}

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QUESTION 1

According to the AACVPR, elements of successful adult education include all of the following EXCEPT

- A. Goal setting.
- B. Rewards.
- C. Contracts.
- D. Knowledge testing.

Correct Answer: D

QUESTION 2

Controlling pool water temperature (83-88°F), avoiding jarring and weight-bearing activities, and avoiding movement in swollen, inflamed joints are special considerations for exercise in

- A. Clients after a rectomy.
- B. Clients with angina.
- C. Clients with osteoporosis.
- D. Clients with arthritis.

Correct Answer: D

QUESTION 3

Which of the following are NOT symptoms of depression?

- A. Hearing voices.
- B. Change in sleep patterns.
- C. Irritability.
- D. All of the above.

Correct Answer: A

QUESTION 4

Which fat-soluble vitamin is important for bone formation?

- A. Vitamin A.
- B. Vitamin D.
- C. Vitamin E.
- D. Vitamin K.

Correct Answer: B

QUESTION 5

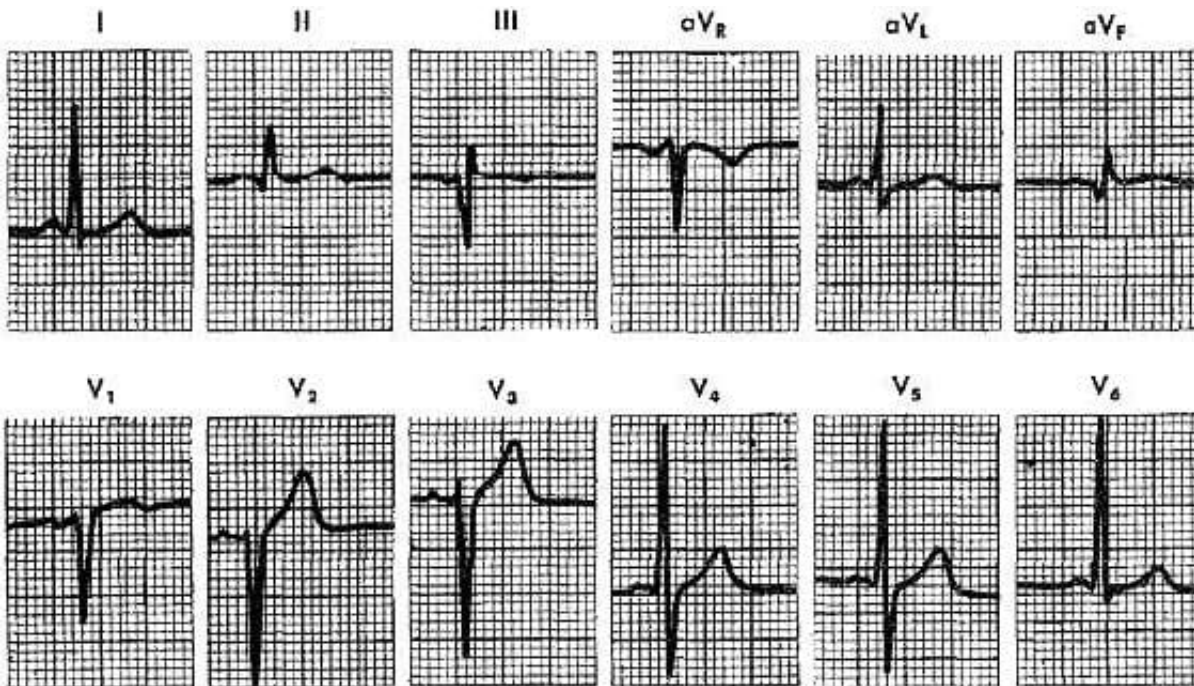
Fast-twitch muscle fibers have which of the following characteristics compared with slow- twitch muscle fibers?

- A. Easily fatigued and well-developed aerobic system.
- B. High force production and well-developed blood supply.
- C. HighPCr stores and high ATPase stores.
- D. None of the above.

Correct Answer: C

QUESTION 6

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



- A. Acutepericarditis.

B. Inferior MI.

C. Posterior MI.

D. Anterior MI. (From Goldberger AL: Clinical Electrocardiography: A Simplified Approach, 6th ed. St. Louis, Mosby, 1999, p 91.)

Correct Answer: B

QUESTION 7

Which of the following statements about a clinical exercise rehabilitation program's mission statement is NOT correct?

A. Perhaps the most important feature of the mission statement is its clarity or understandability.

B. The mission statement should elucidate the program's goals.

C. There should be a different mission statement for each program or, perhaps, even a different mission statement for each component of a program.

D. A program's mission statement generally is fixed.

Correct Answer: D

QUESTION 8

Which energy source represents the largest potential energy store in the body?

A. Fat.

B. Blood glucose.

C. Muscle glycogen.

D. Protein.

Correct Answer: A

QUESTION 9

A program's policy and procedures manual should NOT

A. Be stored away for safekeeping.

B. Be revised as the program's policies and/or procedures are modified.

C. Be viewed as a document in progress.

D. Contain program information ranging from the organizational structure to the facility's maintenance schedule.

Correct Answer: A

QUESTION 10

Carbohydrate, protein, and fat provide which of the following amounts of energy (kcal/g)?

- A. 2, 4, and 6, respectively.
- B. 4, 6, and 8, respectively.
- C. 6, 8, and 9, respectively.
- D. 4, 4, and 9, respectively.

Correct Answer: D

QUESTION 11

The process of risk stratification often is used for the criteria for clinical exercise rehabilitation program admission. Which of the following statements about risk stratification is NOT correct?

- A. Risk stratification can be modeled after the criteria published by the AACVPR.
- B. Risk stratification can be useful for participant entry criteria, exercise testing guidelines, ECG monitoring, and supervision guidelines.
- C. Risk stratification can be tied to insurance reimbursement.
- D. Risk stratification often is used to determine the intensity of prescribed exercise.

Correct Answer: D

QUESTION 12

Which of the following cardiovascular variables does NOT increase as a result of chronic exercise while performing a single bout of maximal exercise?

- A. Maximal HR.
- B. Maximal cardiac output.
- C. Maximal SV.
- D. Maximal oxygen consumption.

Correct Answer: A

QUESTION 13

Which of the following bones articulates proximally with the sternal manubrium and distally with the scapula and is helpful to palpate in electrode placement?

- A. Scapula.
- B. Sternum.
- C. Clavicle.
- D. Twelfth rib.

Correct Answer: C

QUESTION 14

Following termination of a stress test, a 12-lead ECG is

- A. Monitored immediately, then every 1 to 2 minutes until exercise-induced changes are at baseline.
- B. Monitored immediately, then at 2 and 5 minutes after the test.
- C. Monitored immediately only.
- D. Monitored and recorded only if any signs or symptoms arise during recovery.

Correct Answer: A

QUESTION 15

A comprehensive patient care plan is necessary for effective program management, because it

- A. Is required by federal law.
- B. Provides a "road map" for interventions.
- C. Is a requirement for insurance reimbursement.
- D. Provides raw data for analysis in CQI or outcomes assessment.

Correct Answer: B

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