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NO.158 Type II muscle fibers:

- * Have a high capacity to generate energy through the electron transport system.
- * Have a high capacity to generate energy from fat.
- * Are recruited at a higher percentage of maximum force than Type I fibers.
- * Have high endurance capabilities.

NO.159 The recommended initial treatment for an acute joint injury is the application of which of the following?

- * Compression combined with short intervals of cold and heat.
- * Elevation and heat.
- * Compression and heat.
- * Compression and cold.

Section: Volume B

NO.160 Current U.S. Physical Activity Guidelines recommend that every U.S. adult should accumulate a minimum of

_____ minutes of moderate-intensity physical activity per week.

- * 100
- * 150
- * 200
- * 250

Section: Volume C

NO.161 When working with clients who have complications from type 2 diabetes mellitus, hypoglycemia during exercise becomes a greater concern with _____.

- * peripheral neuropathy
- * retinopathy
- * autonomic neuropathy
- * nephropathy

NO.162 What is the correct order of the regions of the spinal column, from superior to inferior?

- * Cervical, lumbar, thoracic, sacral and coccyx.
- * Coccyx, sacral, lumbar, thoracic, and cervical.
- * Cervical, thoracic, lumbar, coccyx, and sacral.
- * Cervical, thoracic, lumbar, sacral, and coccyx.

NO.163 A client who reports a decreased Rating of Perceived Exertion at a given treadmill running speed after taking albuterol, likely suffers from which of the following conditions?

- * Depression
- * Asthma
- * Bradycardia
- * Claudication

NO.164 Which is not true regarding a properly administered informed consent?

- * It provides an explanation of all procedures to be performed.
- * It releases the facility and personnel from liability.
- * It provides an opportunity for inquiries.
- * It encourages and implies confidentiality.

Section: Volume C

NO.165 What is the recommendation for daily physical activity for youth?

- * 30 minutes at low intensity and 30 minutes at moderate intensity
- * 60 minutes at 40-59% HRR
- * 30 minutes at moderate intensity and 30 minutes at vigorous intensity
- * 60 minutes at low intensity

NO.166 Which of the following is also known as the Trunk Flexion Test?

- * Sit-and-reach test.
- * Curl-up test for muscular endurance.
- * Sit-up test for muscular endurance.
- * Any test that requires clients to touch their toes.

NO.167 What is your best course of action when you have evidence that one of your clients has an eating disorder?

- * Monitor the client's diet as needed
- * Refer the client to a medical professional
- * Perform regular weigh-ins to monitor weight as needed
- * Offer nutritional and dietary education

Section: Volume B

Explanation/Reference:

NO.168 Downhill running is characterized by eccentric activation of the _____.

- * hamstrings
- * transverse abdominus
- * brachioradialis

- * quadriceps

NO.169 What behavior change technique includes expressing empathy, developing discrepancy, rolling with resistance, and supporting self-efficacy?

- * Motivational interviewing
- * Outcome expectancies
- * Visual imagery
- * Addressing relapse

NO.170 A client who wants to strengthen muscles of the chest must perform exercises such as the bench press and dumbbell flies as opposed to lat pull down and dumbbell rows. Which of the following principles of training best describes this principle?

- * Overload
- * Specificity
- * Progression
- * Goal setting

NO.171 What does the sit-and-reach test assess?

- * Trunk flexion
- * Trunk extension
- * Shoulder extension
- * Shoulder flexion

NO.172 What is bradycardia?

- * Heart rate less than 60 beats per minute
- * Heart rate greater than 100 beats per minute
- * Heart rate between 70 and 80 beats per minute
- * Heart rate between 90 and 100 beats per minute

Section: Volume C

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