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**Shared by Sanders on 15-04-2024**

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## Question 1

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**Question Type:** MultipleChoice

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Cardiac output is a function of heart rate and stroke volume. In children, why is heart rate higher at rest and during exercise?

### Options:

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- A- Because in children, stroke volume is directly related to how much left ventricular stiffness reduces diastolic filling.
- B- Because in children, cardiac output is regulated more by peripheral resistance than  $Vo_{2max}$  by any other variable.
- C- Because children typically have a lower stroke volume compared to adults.
- D- Because children typically have a more elevated peripheral resistance compared to adults.

### Answer:

---

C

## Question 2

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**Question Type:** MultipleChoice

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The remains relatively unchanged throughout childhood. However, after age 25, it typically decreases by

**Options:**

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- A- 0% to 5% each decade.
- B- 5% to 15% each decade.
- C- 15% to 20% each decade.
- D- 15% to 20% each year.

**Answer:**

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B

## Question 3

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**Question Type: MultipleChoice**

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An increase in both systolic and diastolic blood pressure at rest and during exercise often accompanies aging. Blood pressure usually increases because of

**Options:**

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- A- Increased arterial compliance and decreased arterial stiffness.
- B- Decreased arterial compliance and increased arterial stiffness.
- C- Decrease in both arterial compliance and arterial stiffness.
- D- Increase in both arterial compliance and arterial stiffness.

**Answer:**

---

B

## Question 4

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**Question Type: MultipleChoice**

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Increased after load associated with increased peripheral resistance as a result of aging causes

**Options:**

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- A- Left ventricular hypertrophy.

- B- Kidney failure.
- C- Liver damage.
- D- Liver failure.

**Answer:**

---

A

## Question 5

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**Question Type:** MultipleChoice

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Which age group is the fastest-growing segment of the U. S. population?

**Options:**

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- A- Preadolescents.
- B- Adolescents.
- C- Adults aged 65 to 85 years.
- D- Adults older than 85 years.

**Answer:**

---

C

## Question 6

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**Question Type:** MultipleChoice

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In terms of chronological age, early childhood is usually described as

**Options:**

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**A-** Birth to 3 weeks.

**B-** 3 weeks to 1 year.

**C-** 1 to 6 years.

**D-** 7 to 10 years.

**Answer:**

---

C

## Question 7

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**Question Type:** MultipleChoice

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During exercise, SV increases as a result of

**Options:**

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- A- The Frank-Starling law.
- B- Increased HR.
- C- Increased ejection fraction.
- D- Increased pulmonary artery pressure

**Answer:**

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A

## Question 8

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**Question Type:** MultipleChoice

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As a result of exercise training, cardiac output becomes

**Options:**

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- A- Higher at any given workload.
- B- Lower at any given workload.
- C- Essentially unchanged at any given workload.
- D- Diminished because of reduced SV.

**Answer:**

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C

## Question 9

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**Question Type: MultipleChoice**

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Stroke volume is defined as



**Options:**

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- A- The product of cardiac output and total peripheral resistance.
- B- The difference between EDV and ESV.
- C- The product of preload and HR.
- D- The product of cardiac output and arteriovenous oxygen difference.

**Answer:**

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B

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