



Free Questions for 020-222 by certsinside

Shared by Meyer on 06-06-2022

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Question 1

Question Type: MultipleChoice

Exercise clothing

Options:

- A- Creates an important fashion statement.
- B- Should be bright so that you are easily seen in an aerobics class.
- C- Has only one rule: be comfortable.
- D- Must be safe and performs appropriately, like the exercise equipment.

Answer:

D

Question 2

Question Type: MultipleChoice

Chronic soreness and fatigue are symptoms of

Options:

A- Hyperglycemia.

B- Strain.

C- Overuse injury.

D- Hypoglycemia.

Answer:

C

Question 3

Question Type: MultipleChoice

Documentation offers important

Options:

- A- Liability and negligence protection.
- B- Liability and risk protection.
- C- Safety and communication programs.
- D- Billing and classification tools.

Answer:

A

Question 4

Question Type: MultipleChoice

The potential benefits and risks of an exercise test should be written in what document?

Options:

- A- Description of services.

- B- Safety plan.
- C- Informed consent.
- D- Exercise waivers.

Answer:

C

Question 5

Question Type: MultipleChoice

Fire, bloodborne pathogens, and power outage should all be included in

Options:

- A- Facility insurance.
- B- Safety plans.
- C- Maintenance plans.
- D- Testing by the facility and staff.

Answer:

B

Question 6

Question Type: MultipleChoice

Weight room safety should include

Options:

- A- A phone.
- B- Lifting gloves and back belts.
- C- Male trainers to help with spotting.
- D- Safe passageways and use of the buddy system.

Answer:

D

Question 7

Question Type: MultipleChoice

Beyond the general safety parameters, such as keeping equipment in good repair, a facility must create a safe environment for any individual, especially

Options:

- A- Guest clients.
- B- Staff.
- C- Health care providers.
- D- Special populations.

Answer:

D

Question 8

Question Type: MultipleChoice

Complaints of pain in the chest with associated pain radiating down the left arm may be signs of

Options:

A- Cardiac crisis.

B- Hypotension.

C- Seizure.

D- Heartburn.

Answer:

A

Question 9

Question Type: MultipleChoice

RICES refers to

Options:

- A- Relaxation, Ice, Compression, Energy, and Stabilization.
- B- Relaxation, Incremental heat, Care for injury, Energy, and Standardization.
- C- Rest, Ice, Common sense, Energy, and Standardization.
- D- Rest, Ice, Compression, Elevation, and Stabilization.

Answer:

D

Question 10

Question Type: MultipleChoice

Which of the following are symptoms of hypoglycemia?

Options:

- A- Hypotension.

- B-** Cold, clammy skin.
- C-** Tachycardia and slurred speech.
- D-** Bronchospasms and hyperventilation.

Answer:

C

Question 11

Question Type: MultipleChoice

In cleaning the facility and equipment, what must an operator be aware of?

Options:

- A-** That signs are written clearly.
- B-** That surfaces are brightly colored.
- C-** That solutions and cleaning materials are safe for the skin and hypoallergenic.
- D-** That disinfectants smell pleasant.

Answer:

C

Question 12

Question Type: MultipleChoice

An equipment maintenance plan should include

Options:

- A- A floor plan.
- B- A client advisory statement.
- C- A document that records maintenance and repair history.
- D- Temperature and humidity readings.

Answer:

C

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