



Free Questions for 010-111 by dumpshq

Shared by Rodriguez on 12-12-2023

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Question 1

Question Type: MultipleChoice

In which stage of motivational readiness is a person who is an irregular exerciser?

Options:

- A- Precontemplation.
- B- Contemplation.
- C- Preparation.
- D- Action.

Answer:

C

Question 2

Question Type: MultipleChoice

Theories are used in programs for

Options:

- A- Giving individuals an exercise prescription.
- B- Perceiving rewards of certain behaviors.
- C- Self- reevaluation.
- D- Providing a conceptual framework for behavioral assessment.

Answer:

D

Question 3

Question Type: MultipleChoice

Emerging risk factors for CAD include

Options:

- A- Advancing age, family history, and male sex.
- B- Impaired fasting glucose, obesity, and hypertension.
- C- Lipoprotein(a), advancing age, and male sex.
- D- Homocysteine, lipoprotein(a), and fibrinogen.

Answer:

D

Question 4

Question Type: MultipleChoice

All of the following risk factors for CAD can be modified by a regular and appropriate exercise training program EXCEPT

Options:

- A- Advancing age.

B- DM.

C- Hypertension.

D- HDL cholesterol.

Answer:

A

Question 5

Question Type: MultipleChoice

Metabolic syndrome (also referred to a syndrome X or the deadly quartet) is comprised of

Options:

A- Elevated TC, obesity, diabetes, and physical inactivity.

B- Central obesity, elevated LDL cholesterol, diabetes, and physical inactivity.

C- Low HDL cholesterol, cigarette smoking, hypertension, and physical inactivity.

D- Central obesity, elevated triglycerides and low HDL cholesterol, hypertension, and insulin resistance.

Answer:

D

Question 6

Question Type: MultipleChoice

Which statement below best describes the condition of asthma?

Options:

A- Narrowing of the bronchial airways.

B- Alveolar destruction.

C- Ventilatory dead space.

D- Respiratory muscular atrophy.

Answer:

A

Question 7

Question Type: MultipleChoice

If an individual is in the action stage, he or she

Options:

- A-** Intends to start exercising in the next 6 months.
- B-** Participates in some exercise, but does so irregularly.
- C-** Has been physically active on a regular basis for less than 6 months.
- D-** Has been physically active on a regular basis for more than 6 months.

Answer:

C

Question 8

Question Type: MultipleChoice

Establishing specific expectations of what you are, willing to do as a counselor and staying focused on exercise/physical activity issues and behavioral skills related to exercise are strategies for handling which type of client?

Options:

- A- A dissatisfied client.
- B- A needy client.
- C- A hostile client.
- D- A shy client.

Answer:

B

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