



Free Questions for 010-111 by vceexamstest

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Question 1

Question Type: MultipleChoice

An exercise program for elderly persons generally should emphasize increased

Options:

- A- Frequency.
- B- Intensity.
- C- Duration.
- D- Intensity and frequency.

Answer:

A

Question 2

Question Type: MultipleChoice

Which of the following would generally be the preferred mode of exercise for an elderly person?

Options:

A- Jogging.

B- Calisthenics.

C- Swimming.

D- Archery.

Answer:

C

Question 3

Question Type: MultipleChoice

Which of the following can an older person expect as a result of participation in an exercise program?

Options:

- A- Overall improvement in the quality of life and increased independence.
- B- No changes in the quality of life but an increase in longevity.
- C- Increased longevity but a loss of bone mass.
- D- Loss of bone mass with a concomitant increase in bone density.

Answer:

A

Question 4

Question Type: MultipleChoice

A medical history as well as risk factor screening are important before prescribing an exercise program for older adults. Individuals with one or more risk factors for exercise participation should be referred.

Options:

- A- Directly to the hospital and admitted for further evaluation.

- B-** In 1 month to the nearest exercise facility.
- C-** For diagnostic exercise tolerance testing.
- D-** Immediately to a hospital emergency room.

Answer:

C

Question 5

Question Type: MultipleChoice

Which of the following factors does NOT impair an older individual's ability to thermoregulate?

Options:

- A-** Reduced total body water.
- B-** Decreased renal function.
- C-** Decreased vascular peripheral responsiveness.
- D-** Enhanced sweat response.

Answer:

D

Question 6

Question Type: MultipleChoice

Body fat generally increases with advancing age, particularly between childhood and early adulthood, because of

Options:

- A-** An exponential increase in caloric consumption.
- B-** A great increase in caloric consumption and a small decline in fat production.
- C-** Body fat accumulation as a result of an imbalance between caloric intake and energy expenditure.
- D-** Alterations in resting metabolic rate.

Answer:

C

Question 7

Question Type: MultipleChoice

All of the following musculoskeletal changes typically occur with advancing age EXCEPT

Options:

- A- Decreased flexibility.
- B- Impaired balance.
- C- Inhibited range of motion.
- D- Skeletal muscle hypertrophy

Answer:

D

Question 8

Question Type: MultipleChoice

Advancing age brings a progressive decline in bone mineral density and calcium content; this process is accelerated in women immediately following menopause. Which condition is commonly associated with this condition?

Options:

- A- Osteoarthritis.
- B- Osteoporosis.
- C- Arthritis.
- D- Epiphysitis.

Answer:

B

Question 9

Question Type: MultipleChoice

Strenuous exercise can predispose children to which of the following?

Options:

- A- Osteoporosis.
- B- Osteoarthritis.
- C- Malignant tumors.
- D- Epiphysitis.

Answer:

D

Question 10

Question Type: MultipleChoice

The total number of muscle fibers is fixed at an early age, but

Options:

- A- At adolescence, males exhibit rapid hypertrophy of muscle.

- B-** In comparison to males, females exhibit a more rapid hypertrophy of muscle.
- C-** Males lose muscle mass faster at an early age when they remain sedentary.
- D-** Males tend to exhibit muscle hypertrophy at a later age than females.

Answer:

A

Question 11

Question Type: MultipleChoice

The increases as a result of physical training in elderly persons. This occurs for all of the following reasons EXCEPT

Options:

- A-** In men, the increase is a function of improved central and peripheral adaptations.
- B-** In women, the increase is a function of improved peripheral adaptations.
- C-** In both men and women, regular aerobic exercise slows the decline with aging.
- D-** In both men and women, regular aerobic exercise speeds the decline with aging.

Answer:

D

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