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Question #136 Section 3

A client at your fitness center who has just completed a vigorous bout of exercise complains of fatigue, lightheadedness and shakiness. You know from his health history that he has type II diabetes. Which do you administer after you call for medical assistance?

- A. Insulin
- B. Orange juice
- C. Salt tablet
- D. Nothing

Answer: B

Question #137 Section 3

Joe consumed half of the adult Recommended Dietary Allowance for carbohydrates as noted on the nutrition facts panel for persons consuming 2500 calories per day. Approximately how many grams of carbohydrates does Joe have remaining today?

- A. 55
- B. 188
- C. 375
- D. 752

Answer: B

Question #138 Section 3

Which is true about energy content of the macronutrients?

- A. fat = 9 kcal/gram, carbohydrate = 7 kcal/gram, water = 0 kcal/gram
- B. carbohydrate = 7 kcal/gram, protein = 4 kcal/gram, alcohol = 7 kcal/gram
- C. water = 0 kcal/gram, protein = 4 kcal/gram, alcohol = 7 kcal/gram
- D. protein = 9 kcal/gram, fat = 4 kcal/gram, carbohydrate = 4 kcal/gram

Answer: C

Question #139 Section 3

In order to lose 1.5 pounds per week with diet alone, one would have to reduce his/her daily caloric intake per day by _____ kilocalories.

- A. 350
- B. 500
- C. 750
- D. 1000

Answer: C

Question #140 Section 3

Which vitamins are classified as fat soluble?

- A. A, B, C, D
- B. A, D, E, K
- C. A, B, D, E
- D. A, C, D, K

Answer: B

Question #141 Section 3

Your client is a 59 year old sedentary female with a body mass index of 33 kg/m². She has no history of heart disease herself, but her mother had a myocardial infarction at the age of 66. She is an ex-smoker who quit 15 years ago, blood pressure is consistently 135/85 mm Hg, total cholesterol is 180 mg/dL (4.6 mmol/L) with an HDL level of 30 mg/dL (0.8 mmol/L), and blood glucose is 100 mg/dL (5.6 mmol/L). She has come to you for advice because she wishes to improve her overall health and fitness.

What initial American College of Sports Medicine risk stratification does this client fall into?

- A. Low risk
- B. Moderate risk
- C. High risk
- D. Very high risk

Answer: B

Question #142 Section 3

Your client reports ankle swelling. What is another term for this?

- A. Analgia
- B. Atrophy
- C. Edema
- D. Erythroma

Answer: C

Question #143 Section 3

Atherosclerosis is primarily characterized by _____.

- A. increased elasticity of blood vessels
- B. reduced blood pressure
- C. widening of the arteries
- D. plaque development in the arteries

Answer: D

Question #144 Section 3

Which blood lipid is influenced more by physical activity than by nutrition modification?

- A. LDL
- B. HDL
- C. VLDL
- D. Total cholesterol

Answer: B

Question #145 Section 3

Compared to adults, children are at a higher risk of _____ when exercising in a hot/humid environment.

- A. elevated blood pressure
- B. anemia
- C. hypothermia
- D. muscular fatigue

Answer: D

Question #146 Section 3

What changes occur during exercise following cigarette smoking?

- A. Respiration rate is suppressed.
- B. Blood pressure response is suppressed.
- C. Heart rate response is exaggerated.
- D. Sympathetic activity is inhibited.

Answer: C



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