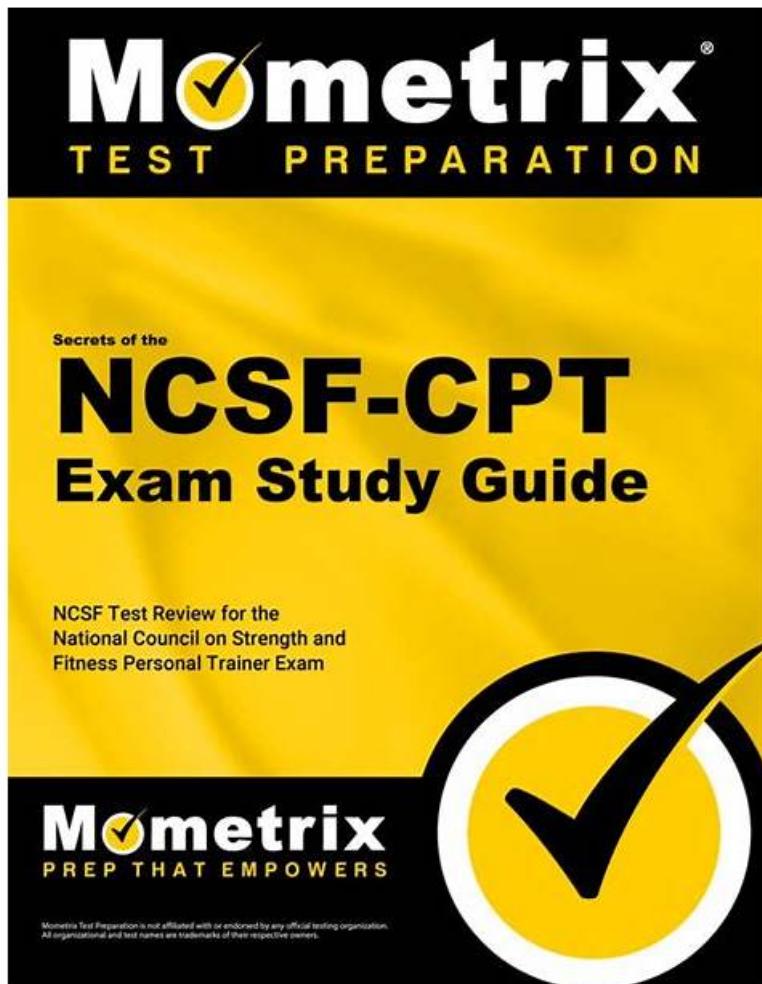


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Sample Questions (Q37-Q42):

NEW QUESTION # 37

The end of a bone is called the

- A. Diaphysis
- B. Epiphysis
- C. Endosteum
- D. Periosteum

Answer: B

Explanation:

When describing the anatomy of a bone, the epiphysis is the end of a bone and the diaphysis is the shaft of the bone. The periosteum is a membrane that covers the surface of a bone, except at the articular surfaces (joints). The endosteum is the lining of the bone marrow cavity and contains the cells necessary for new bone development.

NEW QUESTION # 38

Individuals with osteoporosis

- A. Should not do flexibility training exercises
- B. Are not more likely to develop fractures
- C. Should not worry about proper breathing techniques
- D. Should avoid twisting or flexing of the spine

Answer: C

Explanation:

Osteoporosis is a disease that involves a loss of bone mineral density. Osteopenia is a milder form of osteoporosis. Although people with osteoporosis are more susceptible to fractures due to the thinning of their bones, they are appropriate candidates for flexibility training programs. These programs can help improve posture and maintain the alignment of the spine. However, the program should avoid repetitive exercises that involve twisting or flexing of the spine. Everyone who participates in a flexibility training program should be taught proper breathing techniques.

NEW QUESTION # 39

When meeting with a client for the first time, all of the following can be helpful comments to make to a client EXCEPT

- A. "Can you tell me about your daily routine?"
- B. **problems do you have?"**
- C. "Do you think you have clinical depression?"
- D. "How would you like this work to help you?"

Answer: B

Explanation:

It is important to remember that coaching is not therapy or mental health counseling. Personal trainers should never diagnose current psychiatric problems. However, it is important to ask a person about their past history-medical and otherwise-so that your sessions can be appropriate and productive. Knowing about a person's daily routine will tell you how active he or she usually is. Asking, "How would you like this work to help you?" can elicit a specific goal that the two of you can work toward.

NEW QUESTION # 40

Your client is in the maintenance stage of behavior and is exercising regularly. One day she cancels her appointments with you, claiming she has too much to do at work. If she abandons her exercise routine completely, it is called a

- A. lapse
- B. self-challenge
- C. relapse
- D. **self-change**

Answer: D

Explanation:

A relapse is when a person stops their positive behavior and, as a result, loses the positive benefits he or she had gained. Many conditions can lead to relapse: work pressures, boredom, and increased travel are only a few. Although similar, a lapse is a temporary stop in positive behavior. Had this client returned after a week or two, her exercise routine would have lapsed, but she would have likely maintained or quickly regained the positive benefits.

NEW QUESTION # 41

Shortness of breath at rest is called

- A. Ischemia
- B. Syncope
- C. **Dyspnea**
- D. Orthopnea

Answer: C

Explanation:

A client with dyspnea will have shortness of breath while resting or only with mild exertion. It is not normal, and it can be a symptom of cardiac or pulmonary disease. Orthopnea is shortness of breath that occurs when one is lying down. It is relieved by sitting upright or standing. Ischemia occurs when there is a lack of blood flow and oxygen to the heart. This causes pain in the chest or pain that has radiated to the neck or arm. Syncope is a loss of consciousness that usually occurs when the brain does not receive enough oxygen.

NEW QUESTION # 42

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