

Updated Heroku-Architect Valid Exam Review | Heroku-Architect 100% Free Study Materials

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01 SKILL: Swimming Head's Up With Ball & Snakes(Zig-Zag) [Link: EXAMPLE VIDEO](#)

- Exercise:** 50m: 25m max swim with ball head-up & 25m snakes(zig-zag) 90° turns every 3 strokes- (take a break between the 2 25s)
- Metric:** 2 values [sec,sec] : 1 value for 25m Head's up with ball and 1 value for 25m Snakes, **Example:** [22.5, 32.3]

02 SKILL: Vertical & Horizontal Eggbeater [Link: EXAMPLE VIDEO](#)

- Exercise:** 50m: 25m max vertical eggbeater with hands on elbows behind head & 25m horizontal eggbeater with all fingertips out of the water (start without pushing the wall) - (take a break between the 2 25s)
- Metric:** 2 values [sec,sec] : 1 value for 25m Vertical Eggbeater Hands on Elbows & 1 value for 25m Horizontal, **Example:** [42.5, 29.3]

03 SKILL: Sculling [Link: EXAMPLE VIDEO](#)

- Exercise:** 25m 2-arms reverse sculling (belly down) & 25m 1-arm reverse sculling on side, other arm/elbow out of the water (switch arms at half) - dead legs (no eggbeater) - (start by pushing off the wall with hands) - (take a break between the 2 25s) **Metric:** 2 values [sec, sec] → 1st value for 25m 2-arm reverse sculling, 2nd value for 25m 1arm reverse sculling, **Example:** [22, 32.5]

04 SKILL: Ready Position & Vertical Jumps [Link: EXAMPLE VIDEO](#)

- Exercise:** 25m - dead water start(do not push off wall) → 3 strokes → 3 vertical jumps (left arm, right arm, both arms) - repeat until end of 25m
- Metric:** 2 values [sec, n] → 1st value for time in seconds to finish the 25m, 2nd value for how many times you stopped for the 3 jumps, **Example:** [30, 5]

05 SKILL: Over-the-Hips Attack the Wall and Slide Recovery [Link: EXAMPLE VIDEO](#), [VIDEO GOALIES](#)

- Exercise:** 30 seconds – Flaps to wall(5m distance), Start with 1 arm reverse sculling → Over the hips into blocking position→ square to the wall switch blocking arms → attack wall with 2 hands, recover back to flaps with 1 arm slide (repeat for 30") - alternate sides to return and start every time **Goalies:** Similar - Start with base position under flaps - Lob to the wall (do not touch wall) (keep sculling if it is far) → recover back with cross cage transition or double slide to base position under the flaps(5m from the wall)
- Metric:** Number of repetitions in 30 seconds(count), **Example:** [7] or [5,5]

06 SKILL: Lunges [Link: EXAMPLE VIDEO](#)

- Exercise:** Time to complete 12 lunges, hitting high-corner caps every time - if you miss the cap keep doing lunges until you hit it, **Metric:** Time in seconds [seconds], **Example:** [35]

07 SKILL: Passing Form [Link: EXAMPLE VIDEO](#)

- Exercise:** 30 seconds – 5m apart passes with partner, count number of passes and elevation level
- Metric:** Number of passes in highest level (count, level) → Level [chin, shoulders, armpits, chest], **Example:** [30, Armpits]

08 SKILL: Shooting [Link: EXAMPLE VIDEO](#)

- Exercise:** All From 6m: 5 shots direct shots, 5 after fakes, 5 off foul, 5 after 2 strokes - aim to hit caps on upper corners of the cage
- Goalies:** Same shots with you on the cage - enter the number of times you blocked the ball for each category
- Metric:** number of times hitting the caps for each category [n,n,n,n] or for blocking the ball, **Example:** [3,2,4,1]

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Salesforce Certified Heroku Architect Sample Questions (Q92-Q97):

NEW QUESTION # 92

A client wants to create a secure network connection between Heroku applications running in a Private Space and an AWS VPC. Which Heroku feature should an Architect recommend to create the connection?

- A. Heroku Connect
- B. Private Space Peering
- C. Internal Routing
- **D. Private Space VPN connections**

Answer: D

Explanation:

- <https://devcenter.heroku.com/articles/event-driven-microservices-with-apache-kafka>

NEW QUESTION # 93

A healthcare services client is requesting an architecture for a set of applications: one is a marketing application, and the other two are of customer service applications that allow for customers to interact with their healthcare records. The marketing application must be able to scale up within seconds in response to traffic spikes. The client wants to be able to deploy each of these applications to the U.S. East Coast and EMEA.

Which applications should be deployed into which Heroku runtime?

- A. The marketing application into Private Spaces; customer service applications into separate Private Spaces
- **B. The marketing application into Private Spaces; customer service applications into Shield Private Spaces**
- C. The marketing application into the Common Runtime; customer service applications into Private Spaces
- D. The marketing application into the Common Runtime; customer service applications into Shield Private Spaces

Answer: B

Explanation:

-<https://devcenter.heroku.com/articles/private-spaces#trusted-ip-ranges>

NEW QUESTION # 94

An app uses a queue of worker dynos to perform complex image processing, but the worker dynos are occasionally running out of memory when performing the processing. All of their dynos are currently standard-1x dynos.

What should an Architect recommend in this scenario?

- A. Break up the image processing across multiple dynos.
- **B. Change the type of dynos to standard-2x.**
- C. Add additional worker dynos.
- D. Move the app to a Private Space.

Answer: B

NEW QUESTION # 95

A client has a Heroku Postgres database add-on attached to a production application. The client now wants to access the database from another application that they use to perform administrative tasks. What should an Architect recommend in this scenario?

- A. Attach the database to an application that acts as a database proxy
- B. Create a fork of the database and attach it to the administrative application.
- C. Copy the database's connection URL and add it to the administrative application as a config var.
- **D. Attach the same Heroku Postgres add-on to the administrative application**

Answer: D

Explanation:

- <https://devcenter.heroku.com/articles/using-sso-services-with-heroku#prerequisites-for-sso-with-tieroku>

NEW QUESTION # 96

If an Organization member has the operator privilege on an app, that means the user can:

- A. Deploy the app
- B. Remove a member from the Organization account
- C. Add a paid add-on
- D. Transfer the app to someone else

Answer: C

NEW QUESTION # 97

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