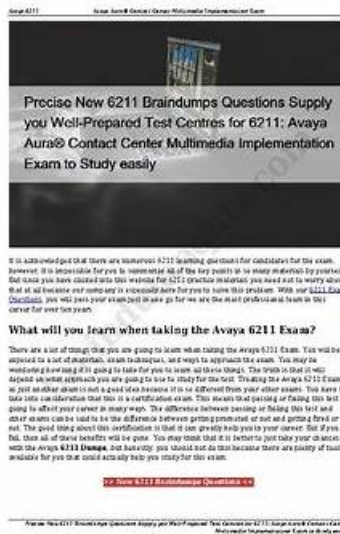


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NEW QUESTION # 14

Shortness of breath at rest is called

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

Answer: B

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 # 15

Which of the following pulses is not commonly used to determine an individual's heart rate?

- A. Popliteal
- **B. Brachial**
- C. Carotid
- D. Radial

Answer: B

Explanation:

The popliteal artery, located behind the knee, can be difficult to palpate. The carotid pulse is felt by placing one's fingers lightly in the lower neck along the medial aspect of the sternocleidomastoid muscle. The brachial pulse can be palpated between the triceps and biceps muscles on the anterior and medial aspect of the arm, near the elbow. The radial artery can be palpated on the anterior arm, near the wrist.

NEW QUESTION # 16

An example of a substitution behavioral change that you might suggest to a client is

- **A. "Put your running shoes right by your bed so you are motivated to run first thing in the morning."**
- B. "Take the stairs instead of the elevator at work"
- C. "Call your best friend to walk with you every day."
- D. "If you reach this goal we set up, you can have a reward of your choosing."

Answer: A

Explanation:

There are a number of strategies trainers can employ in order to effect behavior change in a client. Substitution or counterconditioning involves substituting healthy behaviors for unhealthy behaviors. Answer A is an example of social support. Answer C is an example of a reward or reinforcement system. Answer D is an example of environmental control, which is a cue that can precipitate healthy behavior.

NEW QUESTION # 17

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

Answer: C

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 # 18

Which of the following inhibits a person's joint flexibility?

- A. Having cold muscles
- B. Having more relaxed muscles
- C. Being a woman
- D. Having a more physically active lifestyle

Answer: C

Explanation:

A person's flexibility is reflected in his or her ability to move a joint, without pain, through a range of motion. In general, a number of factors are associated with increased flexibility. Younger people are more flexible than older individuals, and women are more flexible than men. Warmer, more relaxed muscles allow more joint flexibility than colder muscles. Individuals who are physically active are often more flexible than those who are not. In addition, the joint structure and health of the joint and its surrounding tissues affect an individual's flexibility.

NEW QUESTION # 19

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