



**Free Questions for 010-111 by certscare**

**Shared by Bowen on 24-05-2024**

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## Question 1

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**Question Type: MultipleChoice**

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Which of the following describes a normal postexercise blood pressure (BP) response?

**Options:**

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- A- Elevated systolic and diastolic values compared to preparticipation values.
- B- Progressive decline in SBP.
- C- Progressive increase in SBP.
- D- Exaggerated decrease in DBP.

**Answer:**

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B

## Question 2

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**Question Type: MultipleChoice**

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Cardiac output is a function of

**Options:**

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- A- HR, preload, after load, and contractility.
- B- HR and SBP.
- C- SV and EDV.
- D- Maximal oxygen consumption and arteriovenous oxygenation difference.

**Answer:**

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A

## Question 3

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**Question Type: MultipleChoice**

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Which of the following are byproducts of aerobic metabolism?

**Options:**

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- A- Carbon dioxide and water.
- B- Oxygen and water.
- C- ATP and oxygen.
- D- Hydrogen and oxygen.

**Answer:**

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A

## Question 4

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**Question Type: MultipleChoice**

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End-diastolic volume is highest when measured with the client in which position?

**Options:**

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- A- Recumbent.

- B- Sitting.
- C- Standing.
- D- Supine.

**Answer:**

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A

## Question 5

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**Question Type:** MultipleChoice

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Which of the following statements regarding arm versus leg exercise is correct?

**Options:**

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- A- Target HR should not be used as a guide for arm exercise.
- B- Target HR for leg exercise should be decreased by 10 bpm for arm exercise.
- C- Target HR for leg exercise should be increased by 10 bpm for arm exercise.
- D- Higher maximal oxygen consumption should be expected in arm exercise.

**Answer:**

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B

## Question 6

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**Question Type:** MultipleChoice

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Which of the following statements about static exercise is accurate?

**Options:**

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- A- It results in reduced pressure on the heart.
- B- It is inappropriate for any client with heart disease.
- C- It involves rhythmic, continuous activity.
- D- It results in increased HR and SBP.

**Answer:**

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D

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