

Career

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Question: 1

What are some of the dangers of using anabolic steroids?

- A. Stunted growth in teenagers
- B. Infertility for men only
- C. Potential enlargement of the heart
- D. High cholesterol levels
- E. Violent or aggressive behavior

Answer: A,C,D,E

Explanation:

The use of steroids is illegal without documented medical necessity. Steroids can have dangerous side effects, especially for teenagers. Stunting of growth is one important side effect. The bones mature faster than normal, sending a signal to the body to stop growing. Steroid use can lead to infertility in both men and women. In men, there can be a loss of sperm and a reduction in testicle size. In women, steroid use can lead to disruption of the menstrual cycle. Steroids can lead to enlargement of the heart, certain types of cancer, muscle aches, and hair loss. Steroids can cause elevations in blood cholesterol levels that can lead to heart disease. Steroids can also lead to a change in behavior, characterized by violence, mood swings, and aggression. Most athletes in college, Olympic, and professional sports will need to undergo drug testing to monitor for steroid abuse. Athletes found to be abusing steroids face legal consequences.

Question: 2

Which of the following findings on a female student athlete's pre-participation examination would most likely impact her ability to begin training with the cross-country team?

- A. A blood pressure of 118/70 mm Hg
- B. A heart rate of 60 beats per minute
- C. A history of asthma that is controlled on medication
- D. A hemoglobin level of 25%
- E. A body mass index of 18

Answer: D

Explanation:

Evaluating a pre-participation examination should be done in conjunction with the athlete's physician. There are a number of conditions that would prohibit an athlete from competition; however, it is at the physician's discretion to make this decision. A history of asthma would not necessarily prohibit an athlete from training or competing if it is well managed and medication is

available. The blood pressure noted is in the optimal range, which is a systolic reading less than 120 mm Hg and a diastolic reading less than 80 mm Hg. A normal heartrate is 60-100 beats per minute (BPM) and some athletes in superb physical condition may have a heart rate as low as 40 BPM. The hemoglobin level, however, is low, with a normal range of 34.9-44.5% for adult women and 38.8-50% for adult men. Hemoglobin is a type of protein found in red blood cells that helps transport oxygen. A low hemoglobin level can lead to heart problems, because the heart may try to work harder to pump more oxygen throughout the body.

Question: 3

A 60-year-old man with cardiovascular disease has been medically cleared to begin an exercise program. What test would be an appropriate measure of cardiovascular endurance?

- A. Sprint test
- B. Vertical jump test
- C. One-mile run test
- D. Harvard step test
- E. One-repetition maximum test

Answer: C,D

Explanation:

The main purpose of fitness testing is to determine a baseline level of fitness. This can help designate the most appropriate exercises to perform. In order to test cardiovascular endurance, the Harvard step test and the run test are used. The Harvard step test involves the use of steps that are 20 inches high. The participant steps up and down at a rate of 30 steps per minute until reaching exhaustion, which is defined as the point at which the participant is not able to keep the pace for 15 seconds. At this point the heart rate is monitored at one-, two-, and three-minute intervals. The results are converted to the number of heartbeats in the recovery period and are evaluated on a range of poor to excellent based on score. The run test measures endurance on a timed test of nine, 10, or 12 minutes or a distance test of 1.0 or 1.5 miles, depending upon age and fitness level.

Question: 4

Which of the following are methods used for assessing body composition?

- A. Edgren test
- B. Skinfold analysis
- C. Body mass index
- D. Underwater weighing
- E. Bioelectrical impedance

Answer: B,D,E

Explanation:

Anthropometry, the measurement of an individual's height and weight, is commonly done in fitness testing. However, what is important is the assessment of body composition, which cannot be done with a scale. Body weight is composed in part of adipose (or fat) tissue and muscle. Many athletes have an increased level of muscle mass. Methods used to assess this are skinfold analysis, underwater weighing, and bioelectrical impedance. BMI is an equation that has been determined to be ineffective at correctly assessing body composition and is no longer recommended as a diagnostic tool. Skinfold analysis is completed using skinfold calipers that directly measure the thickness of the skin when gently pulled away from the body at certain points. Equations are then used to convert those measurements into body compositions. Underwater weighing involves the use of lung volume, the individual's weight when measured underwater, and an equation. Bioelectrical impedance measures the electrical resistance between electrodes placed on various points on the body. Body fat will resist electricity, and body fat percentage can be calculated based on this data.

Question: 5

A 25-year-old man is training for his first marathon. He was diagnosed with type I, insulin-dependent diabetes when he was 18 years old. He is done stretching and is getting ready start his run. He appears sweaty, shaky, and sluggish, but he brushes it off saying he didn't sleep well last night. Which of the following is the most appropriate initial response to this situation?

- A. Accept his explanation and allow him to run.
- B. Suggest he take a dose of insulin before running due to high blood sugar.
- C. Ask additional questions about his most recent insulin dose and meal, due to low blood sugar.
- D. Prevent him from running until his blood glucose level has been checked and treated accordingly.
- E. Call 911.

Answer: C,D

Explanation:

Hypoglycemia (low blood sugar) is a common side effect of insulin because blood glucose stability is dependent on so many different factors. These factors include insulin dosage, timing and composition of meals, exercise level, and more. Signs of a hypoglycemic reaction include shaking, sweating, and hunger. Later signs can include confusion, fatigue, appearing intoxicated, and seizures that can lead to unconsciousness. Exercise has a direct effect on blood glucose levels as well. Hypoglycemia is commonly seen and can occur before, during, or after exercise. High levels of exercise can accelerate a low blood sugar reaction. It is important to monitor blood glucose levels prior to exercising to determine if a snack or meal is needed. An athletic trainer needs to be familiar with the signs of hypoglycemia, especially if working with individuals with a known history of any type of diabetes.

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