
BCRPA PT-ICE Study Guide WITH COMPLETE SOLUTION NEWEST RATED A+

Exercise Physiology

1) A person exercises for 40 minutes at an intensity of 50% of MaxVO₂. Compared to the first 10 minutes of exercise, the last 10 minutes of exercise affect his/her fat and carbohydrate utilization in which of the following manners:

a)

Fat Utilization: Decreases

Carbohydrate Utilization: Decreases

b)

Fat Utilization: Decreases

Carbohydrate Utilization: Increases

c)

Fat Utilization: Increases

Carbohydrate Utilization: Increases

d)

Fat Utilization: Increases

Carbohydrate Utilization: Decreases

d)

Fat Utilization: Increases

Carbohydrate Utilization: Decreases

The longer an aerobic activity the more the body relies on fat and less on carbohydrates.

Exercise Physiology

2) To improve the cardiovascular fitness level of a 30 year old healthy adult female with a RHR of 70, it is recommended that she begin aerobic exercise at an intensity of:

a) 30-40% of heart rate reserve

b) 40-50% of heart rate reserve

c) 50-60% of heart rate reserve

Bcrpa Exam Study Guide

Jin-Ying Zhang



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