

CCRP Practice Test Questions and Answers

1. What is a metabolic response to exercise?

- A) Increased glucose and fatty acid oxidation
- B) Decreased mitochondrial function and ATP production
- C) Decreased glucose and fatty acid oxidation
- D) Unchanged glucose and fatty acid oxidation

2. What is a respiratory response to exercise?

- A) Increased ventilation and oxygen uptake
- B) Decreased gas exchange and diffusion
- C) Decreased ventilation and oxygen uptake
- D) Unchanged ventilation and oxygen uptake

3. What does assessing medication adherence involve?

- A) Evaluating dietary habits
- B) Assessing readiness for behavior change
- C) Determining if the patient is taking prescribed medications as recommended
- D) Monitoring blood pressure

4. What does an assessment of exercise tolerance involve?

- A) Evaluating dietary habits
- B) Assessing readiness for behavior change
- C) Determining the patient's ability to perform physical activities without symptoms
- D) Monitoring medication adherence

Answers: 1-A 2-A 3-C 4-C

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