

CCRP AACVPR Exam with Correct Answers 2023

What influences a person's metabolic rate? – answer Exercise, gender, genetics, age

Which is the macronutrient that provides more than twice as many calories as the other two – answer Fat

Foods that raise insulin levels have... – answer added sugar

When feeling stressed, you may feel relief after eating a piece of chocolate because... – answer it will raise dopamine levels

What reduces the number of receptors for dopamine – answer insulin

What percentage of Cardiac Rehab patients re overweight or obese - answer 80%

Why is fructose a promoter of obesity? – answer promotes liver fat accumulation which promotes metabolic syndrome

What reduces the rate of carbohydrate absorption thus reducing insulin response – answer Fiber

Depression among cardiac patients has been associated with – answer higher risk of mortality

When a patient scores in the depressed range on a screening, which action should be taken – answer results to be discussed with patient and health care provider

if a patient dense feeling of sadness they... – answer may have non-dysphoric depression

depression is relevant to CR because – answer depression reduces recovery from exercise due to fatigue and low energy

the relationship between anger and hostility is. – answer anger is the emotion, hostility is the thought

social isolation is defined by – answer how connected a patient feels in their relationships

stress management is designed to – answer respond to the "flight or fight" response

What is the best approach to preventing exercise-induced hypoglycemia – answer check blood sugar before and after exercise and respond to patterns appropriately

Aacvpr Ccrp Exam Study Guide

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