#### Chapter 24 Study Guide

1.	What is exercise?
2.	Fitness:
3.	What can impair a client's fitness and stamina?
4.	What are some benefits of physical exercise?
5.	Why would vital signs decrease?
6.	What are signs someone might have life threatening cardiovascular systems?
7.	What is a fitness test?
8.	What are the methods of a fitness test?
9.	What test doesn't stress a person to exhaustion? Examples.
10.	What does a stress electrocardiogram test?
11.	How is this test performed?
12.	When should the examiner stop the test for ECG?

13. What is an ambulatory electrocardiogram?

# **Chapter 24 Study Answers**

SJ Ball

#### **Chapter 24 Study Answers:**

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Michigan. Extension Service, 1936 Student Self-evaluation Manual in Fundamentals of Nursing LuVerne Wolff Lewis, 1979 An Illustrated Commentary on the Gospel According to Matthew Lyman The Chautauquan, 1900 Abbott, 1875 Lives of the Brethren of the Order of Preachers, 1206-1259 Gérard de Frachet, Bede Jarrett, 1924 Landing-force Manual, United States Navy, 1927 United States. Navy Department, 1927 **Circle** ,1910 Herald and Presbyter ,1921 The Sabbath Recorder ,1903 The Morning Star and Free Baptist, 1905 The English Leaflet ,1901 Notes on Luke's Gospel Timothy Horton Ball, 1889 The School Review ,1906 The Leaflet ,1901 The Quarterly Review of Biology Raymond Pearl, 1929 Includes section New biological books and other bibliographies

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