

Sports and Fitness Practice Test Questions and Answers

1. What does a risk matrix assess?

- A) The probability and impact of identified risks
- B) Only the financial cost of risks
- C) The number of employees affected
- D) The timeline for risk resolution

2. What is 'VO2 max' a measure of?

- A) Maximum heart rate during exercise
- B) Maximum volume of oxygen the body can utilize per minute during intense exercise
- C) Resting oxygen consumption
- D) Lung capacity at sea level

3. What does SWOT analysis evaluate?

- A) Strengths, Weaknesses, Opportunities, and Threats
- B) Systems, Workflows, Operations, and Technology
- C) Sales, Workers, Outputs, and Timelines
- D) Standards, Warranties, Objectives, and Targets

4. What is a root cause analysis used for?

- A) To identify the underlying cause of a problem rather than just addressing symptoms
- B) To assign blame to individuals who made mistakes
- C) To calculate the financial cost of errors
- D) To document problems for annual reporting

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

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