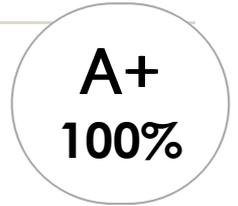


4 Multiple choice questions



1. the process of turning something into a commodity that can be bought and sold
 - a. repetitions
 - b. target heart rate (THR)
 - c. commodity
 - d. **CORRECT: commodification**

2. a predetermined pulse rate to be obtained during exercise, expressed as a percentage of maximum heart rate
 - a. **CORRECT: target heart rate (THR)**
 - b. repetitions
 - c. commodification
 - d. commodity

3. the number of times an exercise is repeated without rest
 - a. target heart rate (THR)
 - b. **CORRECT: repetitions**
 - c. commodification
 - d. commodity

4. a product that exists to generate profit
 - a. **CORRECT: commodity**
 - b. target heart rate (THR)
 - c. repetitions
 - d. commodification