

## 4 Multiple choice questions

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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. commodification
  
2. a predetermined pulse rate to be obtained during exercise, expressed as a percentage of maximum heart rate
  - a. 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. repetitions
  - c. commodification
  - d. commodity
  
4. a product that exists to generate profit
  - a. commodity
  - b. target heart rate (THR)
  - c. repetitions
  - d. commodification