https://selldocx.com/products
/test-bank-dynamic-physical-education-for-elementary-school-children-17e-pangrazi

True/False Questions

1) Although each child's timing is unique, children do follow a general growth pattern.
Answer: TRUE
Page Ref: 21

2) Growth patterns are generally controlled by genetics.
Answer: TRUE
Page Ref: 21

3) Children exercising at a certain workload perceive the activity to be more intense than do adults working at a similar level.
Answer: FALSE
Page Ref: 27

4) The endomorph is identified as being extremely thin, with a minimum of muscle development, and is characterized as "skinny."
Answer: FALSE
Page Ref: 24

5) Physical maturity is usually measured by comparing chronological age with skeletal age.
Answer: TRUE
Page Ref: 25

6) Overweight children are less proficient at performing motor skills.
Answer: TRUE
Page Ref: 26

7) Children whose chronological age is beyond their skeletal age are said to be early (or fast) maturers.
Answer: FALSE
Page Ref: 25

8) Effective physical education programs offer activities that are developmentally appropriate and suited to students' maturity levels.
Answer: TRUE
Page Ref: 25

9) Children appear to adjust to heat more quickly than adults.
Answer: FALSE
Page Ref: 30

10) In the elementary school years, muscular strength increases linearly with chronological age.
Answer: TRUE
Page Ref: 25

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11) There is no difference in lower body strength between boys and girls when height is adjusted.
Answer: TRUE
Page Ref: 25

12) Interval training is a particularly effective training method to use with children when rest bouts after aerobic activities include stretching and nonlocomotor movements.
Answer: TRUE
Page Ref: 27

13) Offering a wide spectrum of developmentally appropriate activities helps ensure that youngsters will be successful regardless of their maturity.
Answer: TRUE
Page Ref: 25

14) Because the rate of growth slows during the elementary school years, this is an excellent window of time for learning motor skills.
Answer: TRUE
Page Ref: 22

15) A child's somatotype affects the quality of his or her motor performance.
Answer: TRUE
Page Ref: 24

16) The overweight child is generally at an advantage in all phases of physical performance.
Answer: FALSE
Page Ref: 24

17) The rate of ossification gives an accurate indication of a child's rate of maturation.
Answer: TRUE
Page Ref: 25

18) *Maximal aerobic power* is an individual's maximum ability to use oxygen in the body for metabolic purposes.
Answer: TRUE
Page Ref: 26

19) Youngsters demonstrate a slow recovery rate after strenuous exercise.
Answer: FALSE
Page Ref: 27

20) The increased rate of childhood obesity especially in girls, has led to the earlier onset of puberty.
Answer: TRUE
Page Ref: 22-23

21) Short legs in relation to K-2 students' upper bodies makes them "bottom heavy."
Answer: FALSE
Page Ref: 23

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22) Motor development for boys and girls is the same.
Answer: FALSE
Page Ref: 25

23) Most individuals have a 40-60 split between fast and slow twitch muscle fiber.
Answer: FALSE
Page Ref: 25

24) High levels of strength in relation to body size help predict which students are most capable of performing motor skills.
Answer: TRUE
Page Ref: 26

25) Children are economical in running and walking.
Answer: FALSE
Page Ref: 26

26) Physical educators should never offer advice to parents and community leaders regarding sport activity programs.
Answer: FALSE
Page Ref: 30

27) Dropping out of physical education usually occurs in middle and high school.
Answer: TRUE
Page Ref: 29

28) Children who start playing competitive sports at a young age will never tire of playing.
Answer: FALSE
Page Ref: 29

29) Lack of efficient movement causes youngsters to generate more metabolic heat than adults.
Answer: TRUE
Page Ref: 30

30) Children do not have the capacity to cool their body the way adults can.
Answer: TRUE
Page Ref: 30

31) The PACER is a recommended alternative to the mile run.
Answer: TRUE
Page Ref: 32

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Multiple-Choice Questions

1) Genetics determines:
A) the number of muscle fibers an individual possesses.
B) the type of muscle fibers an individual possesses.
C) the size of the muscles.
D) the weight of the muscles.
Answer: A
Page Ref: 25

2) Elementary age children who do best in activities requiring slow twitch fibers also do best in:
A) balance.
B) flexibility.
C) distance running.
D) flexed-arm hang.
Answer: C
Page Ref: 26

3) Overweight children find strength related tasks difficult because :
A) of the relationship of their body size to weight.
B) they are weaker than normal-weight children.
C) they are not as skilled as normal-weight children.
D) they do not possesses the right slow twitch muscle fibers.
Answer: A
Page Ref: 26

4) All of the following are reasons children should be allowed to play all positions during youth sports EXCEPT:
A) maturity plays an important role in how youngsters learn motor skills.
B) children should receive similar amounts of practice time.
C) "the rich get richer, and the poor get poorer."
D) it keeps the focus on winning.
Answer: D
Page Ref: 28-29

5) Perceived competence:
A) changes with age.
B) is how people feel about their ability level.
C) begins developing in the womb.
D) begins developing during adolescence.
Answer: B
Page Ref: 29

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6) Children consider which of the following to be the most important reasons for playing youth sports?
A) Winning and improving their skills.
B) Having fun and hearing their parents yell during competitions.
C) Having fun and improving their skills.
D) Winning and having fun.
Answer: C
Page Ref: 30

7) In a typical classroom of youngsters, the variation in skeletal maturity is:
A) 1-2 years.
B) 3-4 years.
C) 5-6 years.
D) 7-8 years.
Answer: C
Page Ref: 25

8) During the elementary years, boys are generally:
A) taller and lighter.
B) taller and heavier.
C) shorter and heavier.
D) shorter and lighter.
Answer: B
Page Ref: 22

9) The mesomorphic child is characterized:
A) as soft and round.
B) by predominance of muscle and bone.
C) as thin with little muscle.
D) as large with little muscle.
Answer: B
Page Ref: 24

10) The most rapid period of growth in children occurs from:
A) birth to 5 years of age.
B) 5 to 10 years of age.
C) 10 to 15 years of age.
D) adolescence to adulthood.
Answer: A
Page Ref: 25

11) The best criterion to use in determining exercise workloads for children is:
A) number of laps.
B) the distance covered during a run.
C) time.
D) number of repetitions.
Answer: C
Page Ref: 27

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12) Children who feel incompetent in performing physical skills will usually:
A) have a positive opinion about physical activity.
B) drop out of physical education when possible.
C) work harder than other children.
D) perform poorly on motor skills tests.
Answer: B
Page Ref: 28

13) Which of the following is NOT a reason to take caution when exercising youngsters in hot weather?
A) Children produce more metabolic heat per unit mass than adults.
B) Sweating capacity is not as great in children as in adults.
C) Children have a higher cardiac output at a given oxygen rate.
D) Children have a higher cardiac output at a given oxygen rate.
Answer: D
Page Ref: 30-31

14) Boys have an advantage in activities requiring:
A) arm and trunk strength.
B) leg strength.
C) specialized skills.
D) cognitive skills.
Answer: A
Page Ref: 25

15) Overweight children who exercise:
A) have lower maximal uptake values than those of lean children.
B) require a higher oxygen uptake capacity to perform a given task.
C) do not work as hard as normal-weight children.
D) often perform physical activities on a par with leaner children.
Answer: A
Page Ref: 27

16) It is recommended that children be tested for fitness:
A) at the beginning of the school year.
B) at the end of the school year.
C) in the middle of the school year.
D) never.
Answer: B
Page Ref: 32

17) Activity workloads should be based on:
A) distance.
B) number of repetitions.
C) time.
D) skill level.
Answer: C
Page Ref: 27

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18) In preadolescent children, it appears that strength gains occur from the development of more efficient motor patterns and:
A) intense training.
B) the increase in muscle size.
C) the recruitment of more muscle fibers.
D) muscle hypertrophy.
Answer: C
Page Ref: 32

19) A safe exercise program for children should be based on opportunities to participate in recreational activity and:
A) moderate exercise.
B) sporadic exercise.
C) strenuous exercise.
D) seasonal exercise.
Answer: A
Page Ref: 30

20) Which body type is identified as being extremely thin, with a minimum of muscle development?
A) the somatotype
B) the ectomorph
C) the endomorph
D) the mesomorph
Answer: B
Page Ref: 24

21) How many minutes before strenuous activity should a child be hydrated?
A) 5-10 minutes
B) 15-20 minutes
C) 20-30 minutes
D) 30-40 minutes
Answer: C
Page Ref: 31

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Short Answer Questions

1) Why must teachers understand that maturity plays an important role in dictating how youngsters learn motor skills?
Answer: Judgments based upon early maturity in some children versus actual skill level impact selection for particular positions. Student who are more mature skeletally often have the chance to do more activities at an earlier age. Less mature children often do not get the experience and never have the chance to close the skill gap due to selection by maturity. Children should be given the opportunity to play all positions because it will give them the opportunity to be successful when they reach maturity. Allowing all students to play and practice all positions provides equal opportunities to learn sport skills.
Page Ref: 27-30

2) Why should overweight students' workloads be based upon time rather than distance?
Answer: Overweight children need adjusted workloads. Having students who are overweight run equal distances as normal-weight and fit students is unrealistic. All children should not have to do the same workload. Overweight students have a greater metabolic cost. An overweight child must perform at a higher percentage of their maximal oxygen uptake (aerobic power). Being overweight takes a toll on a child's aerobic capacity. They have fewer reserves therefore are perceived to work less and even dislike running. Lean and efficient runners should be expected to move farther than overweight students during a specific time period.
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