

Chapter 02 Basic Principles of Physical Fitness

True / False Questions

1. A lot of health benefits are attained when sedentary people start doing moderate-intensity activity.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-01 Physical Activity and Exercise for Health and Fitness

2. The terms "exercise" and "physical activity" are synonymous.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

3. To optimize health benefits, it is recommended that daily physical activity be done in one session rather than in multiple bouts.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

4. An individual who plays competitive sports does not need to exercise.

TRUE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

5. Regular daily physical activity and/or exercise will improve cognitive function in all individuals.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

6. To maintain weight loss, daily physical activity of 30 minutes per day is sufficient for most people.

FALSE

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-03 How Much Physical Activity Is Enough?

7. Current research indicates that exercise can help overcome the negative effects of a poor diet on brain health.

TRUE

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

8. Physical activity is less effective for promoting brain health when exercising in polluted air.

TRUE

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

9. Low-intensity physical activity is likely to improve health and fitness in sedentary individuals.

TRUE

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-03 How Much Physical Activity Is Enough?

10. Cycling and hiking uphill are excellent examples of vigorous activity.

TRUE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-03 How Much Physical Activity Is Enough?

11. Cardiorespiratory endurance training improves the body's ability to utilize energy.

TRUE

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-05 Cardiorespiratory Endurance

12. Springboard divers require a high degree of cardiorespiratory endurance to perform their dive.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-05 Cardiorespiratory Endurance

13. Strength and cardiorespiratory fitness go hand in hand.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-05 Cardiorespiratory Endurance

14. Participation in regular cardiorespiratory endurance activities enables the body's ability to cool itself better.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-05 Cardiorespiratory Endurance

15. Greater muscle mass in the body does not have an effect on metabolism.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-06 Muscular Strength

16. Strength is highly correlated with the size of the muscle.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-06 Muscular Strength

17. A person with excessive body fat in the abdomen area is more likely to have health problems than someone who has excess fat accumulated in the hip region.

TRUE

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-09 Body Composition

18. Inactive sedentary lifestyle does not have an impact on the flexibility component of fitness.

FALSE

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-08 Flexibility

19. Coordination is considered a health-related component of fitness.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-10 Skill (Neuromuscular)-Related Components of Fitness

20. To improve the skill-related components of fitness, it is necessary to practice the skill repeatedly.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-10 Skill (Neuromuscular)-Related Components of Fitness

21. Physical fitness and athletic achievement are not limited to the able-bodied individuals.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-11 Principles of Physical Training: Adaptation to Stress

22. Specificity is the principle that places increasing amounts of stress on the body causing adaptations that improve fitness.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-12 Specificity-Adapting to Type of Training

23. Progressive overload is the principle by which the body adapts to the demands of exercise by improving its functioning.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

24. The amount of exercise a person needs to perform to improve fitness is dependent on that person's current level of fitness.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

25. The optimal exercise frequency for improving one's health related cardiorespiratory fitness level is three to five days per week.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

26. Cardiorespiratory endurance exercise should take place in sessions or bouts of at least 20 minutes in order to build fitness.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

27. To obtain fitness benefits, high-intensity endurance exercises must be done for a minimum of 45-60 minutes.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

28. When an individual stops regular exercise, some fitness improvements are lost in as little as two-weeks' time.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-14 Reversibility-Adapting to a Reduction in Training

29. Healthy women over the age of 40 should see a physician before beginning an exercise program.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-17 Getting Medical Clearance

30. Swimming and jogging are examples of activities that develop cardiorespiratory endurance.

TRUE

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-20 Choosing Activities for a Balanced Program

31. To improve muscular strength and endurance, it is recommended that all major muscle groups be strengthened daily.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-20 Choosing Activities for a Balanced Program

32. Lifestyle physical activities like washing one's car or climbing stairs are considered moderate-effort activities.

TRUE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Easy

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-20 Choosing Activities for a Balanced Program

33. The body's ability to transport and use oxygen can be improved by as much as 50% through regular endurance training for marathon athletes.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-16 Designing Your Own Exercise Program

34. People of any age who are not at high risk for serious health problems can safely exercise at a moderate intensity (60% or less of maximum heart rate) without a prior medical clearance.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-17 Getting Medical Clearance

35. If a physician is not sure whether exercise is safe for you, she or he may recommend an exercise stress test.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-17 Getting Medical Clearance

36. The first step in creating a successful fitness program is to assess your cardiorespiratory fitness.

FALSE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-18 Assessing Yourself

37. Most sports psychologists believe that setting and achieving goals is the most effective way to stay motivated about exercise.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-19 Setting Goals

38. A balanced exercise program should combine a physically active lifestyle, along with an exercise program to develop and maintain fitness.

TRUE

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-20 Choosing Activities for a Balanced Program

39. A cool down is an integral component of exercise safety.

TRUE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

40. A warm-up reduces the temperature of muscles.

FALSE

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

41. Training lightly during one workout and intensely during the next workout is an example of periodization.

TRUE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

42. Scheduling exercise at a regular time is a better strategy than exercising whenever convenient during the day.

TRUE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-22 Where Do You Go from Here?

43. A warm-up should include high-intensity, whole-body movements that mimic the activity to follow.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

44. Adequate rest is more important than physical activity when considering overall well-being.

FALSE

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe, effective, and successful.

Topic: 02-21 Guidelines for Training

Multiple Choice Questions

45. How much physical activity must a person do to be considered physically active and thus obtain health benefits?

- A. At least an hour biweekly
- B. At least 60 minutes a day, 5 days/week
- C. At least 30 minutes a day, 5 days/week**
- D. 90 minutes, a day, 5 days/week

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-03 How Much Physical Activity Is Enough?

46. According to Health Canada, which of the following statements accurately describes the amount of physical activity required by someone who plays hockey twice a week?

- A. This would satisfy the recommended activity required for health benefits.
- B. This would not be adequate. The individual should add a minimum of 30 minutes of activity 3 times a week.**
- C. This would not be adequate. The individual should add a minimum of 60 minutes of activity 3 times a week.
- D. This would not be adequate. The individual should add a minimum of 90 minutes of activity 3 times a week.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-01 Physical Activity and Exercise for Health and Fitness

47. All of the following benefits are observed with regular exercise, EXCEPT:

- A. Enhances cognitive function
- B. Enhances brain activity, and reverses Alzheimer's related changes in the brain.**
- C. Enhances plasticity in the brain
- D. Enables effective transmission of sensory and motor signals to and from the brain

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-03 How Much Physical Activity Is Enough?

48. Individuals performing vigorous activities for health benefits are recommended to perform activities for _____.

- A. 90 minutes
- B. 60 minutes
- C. 30 minutes**
- D. 10 minutes

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-03 How Much Physical Activity Is Enough?

49. Exercise is a subset of physical activity that is:

- A. discontinuous and unplanned.
- B. planned, structured, and repetitive.**
- C. not a contributor to physical fitness.
- D. random or unstructured.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

50. Thirty minutes of moderate daily physical activity will yield health benefits but is unlikely to:

- A. lower your risk for heart disease.
- B. impact your cholesterol levels.
- C. improve general well-being.
- D.** help one achieve a healthy body weight.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

51. Which of the following statements MOST accurately describes the approach one can take to achieve the recommended amount of daily physical activity?

- A. You should do it all at once at the same time each day.
- B. Activity must be done all at once, but it does not matter what time of the day.
- C. Physical activity in the morning is better than physical activity in the mid-afternoon.
- D.** May be done in multiple parts throughout the day.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-03 How Much Physical Activity Is Enough?

52. Janie walks daily for at least 30 minutes and has adopted a healthy eating plan. She is not losing any weight. Which of the following is the MOST healthy option that she might consider to help her accomplish her goal?

- A. Crash diet for a couple of days to speed things up
- B.** Increase her physical activity to 40-60 minutes
- C. Increase her physical activity to 90 minutes
- D. Exercise in the morning to kick-start her metabolism and keep it up for the day

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

53. Participating in an aerobics class for 30 minutes is classified as:

- A. vigorous effort.
- B. moderate effort.
- C. light effort.
- D. maximum effort.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

54. The ability of the body to perform prolonged, large-muscle, dynamic exercise at moderate-to-high levels of intensity is known as:

- A. anaerobic capacity.
- B. adaptive capacity.
- C. cardiorespiratory endurance.
- D. muscular endurance.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-05 Cardiorespiratory Endurance

55. As a person's cardiorespiratory endurance increases, the:

- A. amount of blood pumped per heartbeat decreases.
- B. resting heart rate decreases.
- C. blood volume decreases.
- D. resting blood pressure increases.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-05 Cardiorespiratory Endurance

56. Heart disease is linked most closely with:

- A. poor cardiorespiratory fitness.
- B. poor muscular strength.
- C. poor flexibility.
- D. poor reaction time.

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Easy

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-05 Cardiorespiratory Endurance

57. All of the following are benefits of regular cardiorespiratory fitness, EXCEPT:

- A. the heart pumps more blood per heartbeat.
- B. resting blood pressure decreases.
- C. blood volume decreases.
- D. resting heart rate decreases.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-05 Cardiorespiratory Endurance

58. Muscle strength is defined as:

- A. The ability of the muscle to contract strongly
- B. The amount of force a muscle can produce in one maximum effort
- C. The amount of force a muscle can produce
- D. The amount of force a muscle can produce at a high speed.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-06 Muscular Strength

59. As a result of aging, older people experience:

- A. An increase in muscle endurance
- B. An increase in muscle fiber thickness and number of muscle cells
- C. A decrease in muscle fiber thickness and number of muscle cells
- D. No changes in muscle composition

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-06 Muscular Strength

60. Strength training can help an individual lose weight because it:

- A. muscle fibers get larger
- B. is an activity that burns a lot of body fat in a short time.
- C. maintains muscle mass which is associated with an increase in metabolism.
- D. decreases one's appetite.

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-06 Muscular Strength

61. Greater muscle mass means faster energy use and a higher rate of:

- A. Heart beat
- B. Blood pressure
- C. Respiratory rate
- D. Metabolism

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-06 Muscular Strength

62. All of the following are benefits of regular strength training for healthy aging, EXCEPT:

- A. sarcopenia.
- B. Maintaining muscle fiber thickness.
- C. increased muscle strength
- D. increased antioxidant enzymes in the muscles.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-06 Muscular Strength

63. Muscular endurance is the:

- A. ability to resist fatigue and sustain a given level of muscular tension overtime.
- B. ability to move the joints through a full range of motion.
- C. amount of force a muscle can produce with a single maximum effort.
- D. amount of time required to contract a muscle completely.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-07 Muscular Endurance

64. Muscular endurance is important for:

- A. Muscle strength
- B. Muscle power
- C. Maintaining good posture
- D. Maintaining blood pressure

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-07 Muscular Endurance

65. Having supple and flexible muscles is associated with which of the following?

- A. A lower risk of injury during exercise
- B. An increased metabolism
- C. Reduced strength potential
- D. A higher incidence of back pain

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-08 Flexibility

66. Body composition is an individual's proportion of:

- A. fat to bone mass
- B. fat to fat free mass
- C. fat to muscle mass
- D. fat to fat mass

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-09 Body Composition

67. Healthy body composition is best characterized by a:

- A. high proportion of muscle and bone and a low proportion of fat and water.
- B. high proportion of muscle, fat, and bone and a low proportion of water.
- C. high proportion of bone, fat, and water and a low proportion of muscle.
- D. high proportion of muscle, bone, and water and a low proportion of fat.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-09 Body Composition

68. The best way to lose body fat is through:

- A. crash diets.
- B. exercise alone.
- C. diet pills and supplements.
- D.** a sensible diet and regular exercise.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-09 Body Composition

69. Which of the following skill-related components of fitness is necessary for a basketball player to develop his game?

- A. Cardiovascular fitness
- B.** Agility
- C. Muscular endurance
- D. Flexibility

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-10 Skill (Neuromuscular)-Related Components of Fitness

70. Which of the following skill-related components of fitness is most important to prevent falls in an aging adult over the age of 80?

- A. Speed
- B. Power
- C. Strength
- D.** Balance

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-10 Skill (Neuromuscular)-Related Components of Fitness

71. All of the following are benefits of exercise in physically disabled individuals, EXCEPT:

- A. Emotional boost and helps maintain a positive attitude
- B. Increases self-confidence
- C. Gain a sense of accomplishment
- D.** Reduces self-esteem

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-11 Principles of Physical Training: Adaptation to Stress

72. Specificity of training is best shown by which one of the following examples?

- A. Weight training to develop cardiorespiratory endurance
- B.** Doing push-ups to develop muscular strength and endurance in the muscles of the arm
- C. Running to develop flexibility
- D. Bicycling to develop back strength

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-12 Specificity-Adapting to Type of Training

73. The body adapts to the demands of exercise by improving its functioning is the definition of:

- A.** progressive overload
- B. specificity of exercise
- C. the principle of reversibility
- D. the principle of assessment

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

74. The overload principle is based on the fact that:

- A. fitness levels will not improve without an increase in the intensity and duration of the activity.
- B. maximum intensity is necessary to develop muscular strength.
- C. too much activity will result in a decreased fitness level.
- D. a multi-dimensional program is necessary to achieve all components of fitness.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

75. Which of the following statements is TRUE regarding exercise intensity?

- A. The intensity level required to obtain health benefits is greater than that needed to improve fitness.
- B. Fitness benefits occur when a person exercises harder than his or her normal level of activity.
- C. The appropriate intensity is the same for all people.
- D. Fitness benefits occur when a person exercises at the same level of his or her normal level of activity.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Medium

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

76. The time component of the FITT principle for overload for a muscular strength program is:

- A. based on the amount of weight lifted.
- B. based on the number of training days per week.
- C. more than that of a cardiorespiratory fitness program.
- D. based on the number of repetitions of specific exercises.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

77. The recommended total time (duration) for cardiorespiratory endurance exercise is _____ minutes.

- A. 5-10
- B. 10-20
- C. 20-60**
- D. 60-120

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

78. When people stop exercising, some of their fitness improvements are lost in as little as _____ time.

- A. one week
- B. two weeks**
- C. one month
- D. two months

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-14 Reversibility-Adapting to a Reduction in Training

79. If you must temporarily stop exercising regularly, which of the following factors should be maintained while the others are curtailed?

- A. Specificity
- B. Intensity**
- C. Frequency
- D. Time

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-14 Reversibility-Adapting to a Reduction in Training

80. The maximal improvement in the body's ability to transport and use oxygen that people can realistically expect as a result of endurance training is about:

- A. 5-15%.
- B.** 5-25%.
- C. 40-55%.
- D. 60-75%.

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-15 Individual Differences-Limits on Adaptability

81. The Physical Activity Readiness Questionnaire (PAR-Q) is designed to:

- A. establish a proper exercise intensity level.
- B. identify potential exercise resources.
- C.** determine exercise safety.
- D. help set exercise goals.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-17 Getting Medical Clearance

82. An exercise stress test can determine if you have:

- A. joint problems.
- B. excess body fat.
- C. excess emotional stress.
- D.** symptoms of heart disease.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Hard

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-17 Getting Medical Clearance

Chapter 02 - Basic Principles of Physical Fitness

83. The first step in creating a successful fitness program is to:

- A. determine your training intensity.
- B. assess your current fitness level.**
- C. set specific fitness goals.
- D. plan your fitness program.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-18 Assessing Yourself

84. Long-lasting commitment and attainment of physical fitness goals are most successful when the goals:

- A. require considerable material rewards.
- B. are linked to your peers perceptions.
- C. are clear and important to you personally.**
- D. focus on the long term rather than the short term.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-19 Setting Goals

85. Activities that are considered light effort include:

- A. walking, climbing stairs, and yard work.**
- B. jogging, swimming, and bicycling.
- C. weight lifting.
- D. Cross-country skiing.

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-20 Choosing Activities for a Balanced Program

86. The results of a fitness assessment provide valuable information that allows one to establish:

- A. their workout routine.
- B. what exercises they do not need to do.
- C. their specific skill-related fitness components.
- D.** effective health-related fitness goals.

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-19 Setting Goals

87. Muscular strength and endurance are developed best by activities that:

- A. involve continuous rhythmic movements of large muscle groups.
- B. gently extend joints beyond their normal range of motion.
- C.** involve working with weights and/or performing calisthenic exercises.
- D. Rhythmic activities involving large muscle groups.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-20 Choosing Activities for a Balanced Program

88. Healthy body composition is developed best by the combination of:

- A. Unhealthy food choices, weight training, stretching, and cardiorespiratory endurance exercise.
- B.** healthy food choices, resistance training, and cardiorespiratory endurance exercise.
- C. high- carbohydrate, high -protein diet, resistance training, and stretching.
- D. low -fat diet, stretching, and cardiorespiratory endurance exercise.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-09 Body Composition

89. All of the following are conditions where an individual should get a medical clearance prior to starting an exercise program, EXCEPT:

- A. Male over the age of 40
- B. Female over the age of 35**
- C. Muscle or joint problems
- D. Heart disease

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-17 Getting Medical Clearance

90. All of the following are important in designing an exercise program, EXCEPT:

- A. setting goals.
- B. assessing yourself.
- C. choosing an unstructured plan**
- D. getting a medical clearance.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-16 Designing Your Own Exercise Program

91. A key to improving fitness is to:

- A. exercise very hard.
- B. exercise consistently.**
- C. Exercise only when you feel like
- D. exercise for long periods of time.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

92. Which of the following may be a consequence of overtraining?

- A. Lowered blood pressure
- B.** Impede motivation
- C. Stronger bones
- D. Increased cardiovascular fitness

Accessibility: Keyboard Navigation

Blooms: Understand

Difficulty: Easy

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

93. A program that includes 40 minutes of brisk walking each day is best characterized as:

- A. a moderate fitness program.
- B.** lifestyle physical activity.
- C. a vigorous fitness program.
- D. overtraining.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

94. Which one of the following statements about cooling down is TRUE?

- A.** It restores circulation to its normal resting condition.
- B. It extends the duration of the cardiorespiratory endurance portion of the workout.
- C. It increases the chance of overtraining.
- D. It is most effective for workouts of less than 20 minutes in duration.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

95. Personal safety while exercising can be enhanced by:

- A. training alone.
- B. wearing shoes or clothing with reflective tape.**
- C. demanding your right-of-way regardless of others.
- D. training in isolated areas.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

96. Which of the following sources of fitness information is probably LEAST likely to provide useful advice?

- A. A person who looks physically fit**
- B. A certified teacher of an exercise or fitness class
- C. A personal trainer with a degree in Sport Science or Physical Education
- D. Articles by credible experts in fitness magazines

Accessibility: Keyboard Navigation

Blooms: Analyze

Difficulty: Hard

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

97. When selecting a fitness facility, it is important to determine if they are:

- A. certified by a recognized professional association.**
- B. able to train top athletes.
- C. able to train the average individual.
- D. physically active themselves.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

98. To ensure a successful exercise session, it is important to:
- A. not eat for several hours prior to avoid cramping.
 - B. do the same activity every time.
 - C. participate in activities that are fun and interesting.**
 - D. to not miss one session otherwise all health gains will be lost.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Hard

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

Short Answer Questions

99. _____ refers to a planned, structured, repetitive movement intended specifically to improve or maintain physical fitness.

Exercise

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-02 Physical Activity on a Continuum

100. Exercise improves _____, which is described as the brain's ability to learn, remember, think, and reason.

cognitive function

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-03 How Much Physical Activity Is Enough?

Chapter 02 - Basic Principles of Physical Fitness

101. _____ is the amount of force a muscle can produce with a single maximum effort.

Muscle strength

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-06 Muscular Strength

102. _____ is the ability to maintain equilibrium while moving or while stationary.

Balance

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-10 Skill (Neuromuscular)-Related Components of Fitness

103. The amount of exercise when increased progressively improves fitness. This principle is called _____.

progressive overload

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

104. _____ is the performance of different types of activities that cause the body to adapt and improve its level of fitness.

Physical training

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-12 Specificity-Adapting to Type of Training

105. Exercise is safe for you, if you are male under the age of _____ or female and under the age of _____ and in good health, and may not require a medical clearance.

40; 50

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-17 Getting Medical Clearance

106. During exercise, as much as _____% of circulating blood is directed to the muscles and skin, up from as little as _____% during rest.

90; 20

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

107. Excessive training or excessive increase in intensity may lead to increased occurrence of sports injuries or one becoming _____.

overtrained

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training

108. What are the benefits of regular physical activity that provide positive effects on the human brain?

- Exercise improves cognitive function-the brain's ability to learn, remember, think, and reason.
- Exercise can help overcome the negative effects of a poor diet on brain health.
- Exercise promotes the creation of new nerve cells (neurons) in the brain and throughout the nervous system. By promoting this process (called neurogenesis), exercise provides some protection against injury and degenerative conditions that destroy neurons. Physical activity is less effective for promoting brain health when exercising in polluted air.
- Exercise enhances the entire nervous system's plasticity-its ability to change and adapt. In the brain, spinal cord, and nerves, this can mean developing new pathways for transmitting sensory information or motor commands.
- Exercise appears to have a protective effect on the brain as people age, helping to delay or even prevent the onset of neurodegenerative disorders such as Alzheimer's disease.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Hard

Learning Objective: 02-01 Describe how much exercise is recommended for developing health and fitness.

Topic: 02-03 How Much Physical Activity Is Enough?

109. Identify and define the various health-related components of physical fitness.

Cardiorespiratory endurance: is the ability to perform prolonged, large muscle dynamic exercise at moderate to high levels of intensity.

Muscular strength: is the amount of force a muscle can produce with a single maximum effort.

Muscular endurance: is the ability to resist fatigue and sustain a given level of muscle tension/contraction for prolonged duration of time.

Flexibility: is the ability to move the joints through their full range of motion.

Body composition: refers to the proportion of fat and fat-free mass

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-04 Components of Physical Fitness

110. What are the benefits of improvement in cardiorespiratory fitness?

The heart pumps more blood per heartbeat.

- Resting heart rate slows.
- Blood volume increases.
- Blood supply to tissues improves.
- The body can cool itself better.
- Resting blood pressure decreases.
- Metabolism in skeletal muscle is enhanced, which improves fuel use.
- The level of antioxidant chemicals in the body increases and oxidation decreases. During metabolism, the body naturally produces chemicals called free radicals (oxidative stress) that cause cell damage. Exercise training increases the production of antioxidants that help neutralize free radicals.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-05 Cardiorespiratory Endurance

111. Identify and define the various skill-related components of fitness.

Speed: is the ability to perform a movement in a short period of time.

Power: is the ability to exert force rapidly, based on a combination of strength and speed.

Agility: is the ability to change the position of the body quickly and accurately.

Balance: is the ability to maintain equilibrium while moving or while stationary.

Coordination: is the ability to perform motor tasks accurately and smoothly using body movements and the senses.

Reaction and movement time: is the ability to respond and react quickly to a stimulus.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Medium

Learning Objective: 02-02 Identify the components of physical fitness and the way each component affects wellness.

Topic: 02-10 Skill (Neuromuscular)-Related Components of Fitness

112. What is the FITT principle?

FITT refers to frequency, intensity, time, and type of exercise.

Accessibility: Keyboard Navigation

Blooms: Remember

Difficulty: Easy

Learning Objective: 02-03 Explain the goal of physical training and the basic principles of training.

Topic: 02-13 Progressive Overload-Adapting to Amount of Training and the FITT Principle

113. Why is it necessary to get medical clearance prior to starting an exercise program?

- People of any age who are not at high risk for serious health problems can safely exercise at a moderate intensity without a prior medical evaluation.
- This is appropriate for males under 40, and females under 50.
- If an individual does not meet these age criteria, or if they have health problems, they should consult their doctor prior to starting an exercise program.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-04 Describe the principles involved in designing a well-rounded exercise program.

Topic: 02-17 Getting Medical Clearance

114. List a few guidelines that will enable an effective and successful training program.

- Train the way you want your body to change.
- Train regularly.
- Start slowly, and get in shape gradually.
- Warm-up before exercise.
- Cool-down after exercise.
- Exercise safely.
- Listen to your body and get adequate rest.
- Cycle the volume and intensity of your workouts.
- Vary your activities.
- Train with a partner.
- Train your mind.
- Furl your activity appropriately.
- Have fun.
- Track your progress.
- Keep your exercise program in perspective.

Accessibility: Keyboard Navigation

Blooms: Apply

Difficulty: Medium

Learning Objective: 02-05 List the steps that can be taken to make an exercise program safe; effective; and successful.

Topic: 02-21 Guidelines for Training