

Student name: _____

1) To which type of physical activity does the term *exercise* specifically refer?

- A) discontinuous and unplanned activity
- B) planned, structured, and repetitive activity
- C) very occasional and brief activity
- D) random or unstructured activity

2) Which is the best definition of physical activity?

- A) movement carried out by the skeletal muscles that requires energy
- B) actions that use about 150 calories of energy per hour
- C) exercise that significantly increases breathing and heart rates
- D) any repetitive movement that causes gains in muscle mass

3) According to the latest recommendations, for substantial health benefits, adults should

- A) do at least 150 minutes of moderate-intensity aerobic exercise per week.
- B) exercise at a moderate level for 10 to 15 minutes every day.
- C) limit themselves to performing some type of resistance training every day.
- D) get at least 150 minutes of vigorous-intensity exercise per day.

4) Which statement is correct regarding physical activity?

- A) People should avoid doing more than 2 hours of activity per day.
- B) Regular activity must be intense to provide health benefits.
- C) Activity must be in the form of a formal, continuous exercise program.
- D) A little physical activity is better than none.

5) Physical activity guidelines published by the U.S. Department of Health and Human Services suggest which

- A) physical activity for up to 90 minutes per day
- B) physical activity for 45 to 60 minutes per day
- C) physical activity for 10 to 20 minutes per day

action to achieve or maintain weight loss?

- D) physical activity for 30 minutes every other day

6) Cardiorespiratory endurance, flexibility, and muscular strength are all components of

- A) body composition.
- B) specific skill activities.
- C) health-related fitness.

- D) relative strength.

7) Which term is defined as the ability of the body to perform prolonged, large-muscle, dynamic exercise at

- A) anaerobic capacity
- B) adaptive capacity
- C) cardiorespiratory endurance

moderate to high levels of intensity?

- D) muscular endurance

8) What is one effect of increasing one's cardiorespiratory endurance?

- A) The amount of blood pumped per heartbeat decreases.
- B) The resting heart rate decreases.

- C) Blood volume decreases.

- D) The resting blood pressure increases.

- A) low cardiorespiratory fitness
- B) low muscular strength
- C) poor flexibility

D) poor reaction time

10) What is the definition of muscular strength?

- A) the ability to sustain a given level of muscular tension over time
- B) the ability to move the joints through a full range of motion
- C) the amount of force a muscle can produce with a

single maximum effort

D) the amount of force a muscle can produce repeatedly over 60 seconds

11) Which change to muscle cells causes older adults to lose muscular strength?

- A) The cells get smaller in size.
- B) The cells get larger in size.
- C) The cells increase in number.

D) The cells attach to the nervous system.

12) What is muscular endurance?

- A) the ability to resist fatigue and to sustain muscular tension over time
- B) the ability to move the joints through a full range of motion
- C) the amount of force a muscle can produce with a

single maximum effort

D) the amount of time required to contract a muscle completely

13) Which of the following best describes flexibility?

- A) the ability to move without pain during exercise
- B) the ability to move the joints through their full

range of motion

- C) the ability to engage in sustained motion without resistance
- D) the ability to move rapidly during exercise

14) What characterizes healthy body composition?

- A) a high proportion of muscle and bone and an acceptably low proportion of fat and water
- B) a high proportion of muscle, fat, and bone and a low proportion of water
- C) a high proportion of bone, fat, and water and a

low proportion of muscle
D) a high proportion of muscle, bone, and water and an acceptably low proportion of fat

15) What is the best way to lose body fat?

- A) fad diets endorsed by celebrities
- B) exercise alone
- C) diet pills and supplements

D) sensible diet and regular exercise

16) Which ability is a skill-related fitness component?

- A) motivation
- B) agility

C) endurance
D) flexibility

17) Which activity best demonstrates specificity of training?

- A) weight training to develop cardiorespiratory endurance
- B) doing push-ups to develop chest and shoulder endurance

C) running to develop flexibility
D) bicycling to develop back strength

18) Which statement is true regarding exercise and physical activity for those with disabilities?

A) People with

disabilities are limited in the levels of fitness they can attain.

B) Physical activity for people with disabilities carries more risks than for able-bodied people.

C) Physical activity is more important for people with disabilities than for able-bodied people.

D) Participation in competitive sports such as tennis and hockey is not possible for people with disabilities.

19) The body adapting to a gradual increase in the amount of exercise is the definition of which aspect of exercising?

A) progressive overload

B) specificity of exercise

C) the principle of reversibility

D) the principle of assessment

20) Which of the following is a dimension used to determine the amount of overload needed to maintain or

improve one's fitness level?

A) cool-down time

B) flexibility

C) specificity

D) frequency

21) Which of the following statements about exercise intensity is accurate?

A) The intensity level required to obtain health benefits is greater than that needed to improve fitness.

B) Fitness benefits occur when people exercise harder than their normal level of activity.

C) The appropriate level of exercise intensity is the

same for all people.

D) To develop flexibility, a person must stretch the muscles to the same length each time.

22) The time component of the FITT-VP is the

A) amount of weight lifted in one repetition.

B) number of training days per week.

C) type of exercise a person engages in.

D) number of sets and repetitions of specific exercises.

23) What is the recommended duration for a session of cardiorespiratory endurance exercise?

- A) 5 to 10 minutes
- B) 10 to 20 minutes
- C) 20 to 60 minutes

D) 60 to 120 minutes

24) How quickly will people who stop exercising lose up to 50% of their fitness improvement?

- A) 1 week
- B) 2 weeks

- C) 3 weeks
- D) 2 months

25) If one must temporarily stop exercising regularly, which factor should be maintained while the others are curtailed?

- A) specificity
- B) intensity

- C) frequency
- D) time

26) Training can improve the body's ability to transport and use oxygen no more than about

- A) 5 to 10%.
- B) 5 to 30%.

- C) 40 to 50%.
- D) 60 to 70%.

- A) It establishes a proper exercise intensity level.
- B) It identifies potential exercise resources.
- C) It determines exercise safety.

D) It helps set exercise goals.

28) An exercise stress test is used to detect

- A) joint problems.
- B) excess body fat.
- C) excess emotional stress.

D) symptoms of heart disease.

29) What is the first step in creating a successful fitness program?

- A) determining your training intensity
- B) assessing your current fitness level
- C) setting specific fitness goals

D) choosing activities to participate in

30) Which activities are on the bottom level of the physical activity pyramid?

- A) walking, climbing stairs, and yard work
- B) jogging, swimming, and bicycling
- C) weight lifting and running

D) stretching and walking

31) Which activities are best for developing cardiorespiratory endurance?

- A) activities that involve continuous rhythmic movements of large muscle groups
- B) activities that alternate between brief periods of maximal exertion and rest
- C) activities that gently extend joints beyond their

normal range of motion

D) activities that involve working with weights or against resistance

32) Which activities best develop muscular strength and endurance?

- A) activities that involve continuous rhythmic movements of large muscle groups
- B) activities that gently extend joints beyond their normal range of motion
- C) activities that involve working with resistance,

such as weights

D) activities that focus on relaxing the muscles and quieting the mind

33) Which is most effective in improving flexibility?

- A) stretching when muscles feel tight
- B) stretching once a month
- C) stretching a few muscles each time

D) stretching major muscle groups regularly

34) Which combination of activities is most effective at developing healthy body composition?

- A) weight training and stretching
- B) a sensible diet and regular exercise
- C) a sensible diet and sedentary activities

D) stretching and cardiorespiratory endurance exercise

35) What is the best way to improve and maintain fitness?

- A) exercising very hard once a week
- B) exercising consistently
- C) choosing the best form of exercise

D) exercising for a long time every day

36) When are overuse or overtraining injuries most likely to occur?

A) when a person trains 3 days on average per week after a period of inactivity

B) when a person warms up prior to exercise, thus putting extra stress on the leg and arm muscles

C) when a person increases the frequency of exercise before increasing the intensity of exercise

D) when a person increases the intensity of exercise before increasing the time (duration) of exercise

37) How does cooling down help those who exercise?

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.

38) What is another name for cycle training?

A) specificity

B) skill training

C) periodization

D) overload

39) What is one strategy for effectively developing a higher degree of fitness?

A) Consistently overtrain.

B) Keep to a rigid, unchanging program.

C) Vary the program from time to time.

D) Take time off and then restart the process.

40) Which is a good strategy for evaluating a health and fitness center?

A) Sign a long term contract based solely on what is in the brochure.

B) Visit at the time of day when you plan to use the club.

C) Accept the lowest cost of membership.

D) Assume that the equipment will be updated regularly.

41) Define *physical activity* and *exercise*, and describe the differences between them. Give at least three specific examples of each.

42) Explain the differences among the guidelines for physical activity for health promotion, the guidelines for physical activity to promote weight management, and the guidelines for exercise to build physical fitness. For each set

of guidelines, give an example of a program that meets the goals set by the guidelines.

43) Explain the importance of physical activity for people with disabilities, and give two examples each of activities and competitive sports geared toward disabled individuals.

44) List and describe each dimension of progressive overload. Provide an example of how to apply each dimension

to one of the components of health-related fitness.

45) Describe an appropriate warm-up and cool-down for an exercise session. List at least three positive effects that each exercise has on the body.

46) The relative risk of death from heart disease decreases by as much as 65% when the least and most active men and women are compared.

- ☐ true
- ☐ false

47) Short periods of intense activity cannot compensate for hours of inactivity.

- ☐ true
- ☐ false

48) *Exercise* and *physical activity* are synonyms.

- ☐ true
- ☐ false

49) To obtain health benefits, one must do daily physical activity in one session rather than in multiple bouts.

☐ true

☐ false

50) The benefits of exercise extend beyond disease prevention.

☐ true

☐ false

51) Daily physical activity of 30 minutes per day is sufficient for most people to maintain weight loss.

☐ true

☐ false

52) Moderate-intensity physical activity can improve health, but it may not be enough to improve fitness.

☐ true

☐ false

53) Moderate levels of physical activity can improve brain health and function.

☐ true

☐ false

54) Cardiorespiratory endurance is the ability to perform short-duration, high-intensity exercise.

☐ true

☐ false

55) Swimming and jogging can help develop cardiorespiratory endurance.

- ☐ true
- ☐ false

56) Muscular strength is the ability to sustain a given level of muscular tension for a long period of time or to contract a muscle repeatedly.

- ☐ true
- ☐ false

57) Cardiorespiratory endurance training is the best way to increase muscle mass.

- ☐ true
- ☐ false

58) Endomorph, mesomorph, and ectomorph are all examples of somatotypes.

- ☐ true
- ☐ false

59) Coordination is considered a health-related component of fitness.

- ☐ true
- ☐ false

60) Balance is considered a skill-related component of fitness.

- ☐ true
- ☐ false

61) The principle of specificity states that placing increasing amounts of stress on the body causes adaptations that improve fitness.

- ☐ true
- ☐ false

62) It is impossible to become an elite athlete if you have a disability.

- ☐ true
- ☐ false

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

- ☐ true
- ☐ false

64) For most people, the optimal frequency for cardiorespiratory endurance exercise in a general fitness

program is three to five days per week.

- ☐ true
- ☐ false

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

- ☐ true
- ☐ false

66) To obtain fitness benefits, one must do high-intensity endurance exercise for a minimum of 45 to 60 minutes.

- ☐ true
- ☐ false

67) A person who stops exercising on a regular basis may lose up to 50% of her or his fitness improvements within two months.

- ☐ true
- ☐ false

68) The bottom level of the physical activity pyramid contains strength training and flexibility exercises.

- ☐ true
- ☐ false

69) Calisthenic exercises such as sit-ups and push-ups can develop muscular strength and endurance.

- ☐ true
- ☐ false

70) Lifestyle physical activities make up the tip of the physical activity pyramid.

- ☐ true
- ☐ false

71) The three phases of an exercise program are the beginning, progress, and maintenance phases.

- ☐ true
- ☐ false

72) A warm-up increases blood flow to muscles.

- ☐ true
- ☐ false

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

- ☐ true
- ☐ false

Answer Key

Test name: Chapter 02

- 1) B
- 2) A
- 3) A
- 4) D
- 5) A
- 6) C
- 7) C
- 8) B
- 9) A
- 10) C
- 11) A
- 12) A
- 13) B
- 14) D
- 15) D
- 16) B
- 17) B
- 18) C
- 19) A

20) D

21) B

22) D

23) C

24) D

25) B

26) B

27) C

28) D

29) B

30) A

31) A

32) C

33) D

34) B

35) B

36) D

37) A

38) C

39) C

40) B

41) Answers will vary.

42) Answers will vary.

43) Answers will vary.

44) Answers will vary.

45) Answers will vary.

46) TRUE

47) TRUE

48) FALSE

49) FALSE

50) TRUE

51) FALSE

52) TRUE

53) TRUE

54) FALSE

55) TRUE

56) FALSE

57) FALSE

58) TRUE

59) FALSE

60) TRUE

61) FALSE

62) FALSE

63) TRUE

64) TRUE

65) FALSE

66) FALSE

67) TRUE

68) FALSE

69) TRUE

70) FALSE

71) TRUE

72) TRUE

73) TRUE