

Chapter 02 Principles of Physical Fitness

Multiple Choice Questions

1. (p. 28) Which is a definition of physical activity?
- A. movement carried out by the skeletal muscles that requires energy
 - B. any condition that elevates the heart rate
 - C. aerobic exercise
 - D. strength training

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Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

2. (p. 28) To which type of physical activity does the term *exercise* refer?
- A. discontinuous and unplanned activity
 - B. planned, structured, and repetitive activity
 - C. very occasional and brief activity
 - D. random or unstructured activity

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Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

3. (p. 29) 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. vary the type of exercise daily for additional health benefits.
- C. perform some type of resistance training every day.
- D. get at least 150 minutes of vigorously intense exercise per day.

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Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

4. (p. 29) Which statement is correct regarding physical activity?

- A. Activity should be decreased to compensate for common daily activities.
- B. Regular activity should 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.

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Bloom's: Understand

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

5. (p. 30) Physical activity guidelines published by the U.S. Department of Health and Human Services suggest which action to achieve or maintain weight loss?

- A. Exercise moderately for 60 to 90 minutes per day on most days of the week.
- B. Exercise 45 to 60 minutes per day on most days of the week.
- C. Exercise 10 to 20 minutes per day on most days of the week.
- D. Perform resistance exercise daily.

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Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

6. (p. 31-32) Which type of exercise is a component of health-related fitness?
- A. meditation
 - B. non-stretching
 - C. cardiorespiratory endurance
 - D. speed

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Bloom's: Remember

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

Topic: Components of Physical Fitness

7. (p. 32) Which term is defined as the ability of the body to perform prolonged, large-muscle, dynamic exercise at moderate to high levels of intensity?

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

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Bloom's: Remember

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

Topic: Components of Physical Fitness

8. (p. 33) 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.

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Bloom's: Remember

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

Topic: Components of Physical Fitness

9. (p. 33) Which condition is closely linked to heart disease?

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

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Bloom's: Remember

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

Topic: Components of Physical Fitness

10. (p. 33) 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

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Bloom's: Remember

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

Topic: Components of Physical Fitness

11. (p. 34) 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

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Bloom's: Remember

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

Topic: Components of Physical Fitness

12. (p. 34) 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

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Bloom's: Remember

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

Topic: Components of Physical Fitness

13. (p. 34) Which phrase describes *flexibility* best?
- A. the ability to move without pain during exercise
 - B. the ability to move the joints through their full range of motion**
 - C. sustained motion without resistance
 - D. the ability to move rapidly during exercise

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Bloom's: Remember

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

Topic: Components of Physical Fitness

14. (p. 34) What characterizes healthy body composition?
- A. high proportion of muscle and bone and an acceptably 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 an acceptably low proportion of fat**

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Bloom's: Remember

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

Topic: Components of Physical Fitness

15. (p. 34) What is the best way to lose body fat?
- A. crash diets
 - B. exercising alone
 - C. diet pills and supplements
 - D. sensible diet and regular exercise**

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Bloom's: Remember

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

Topic: Components of Physical Fitness

16. (p. 34) Which ability is a skill-related fitness component?

- A. motivation
- B. agility**
- C. endurance
- D. flexibility

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Bloom's: Remember

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

Topic: Components of Physical Fitness

17. (p. 35) 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

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Bloom's: Understand

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

Topic: Principles of Physical Training

18. (p. 36) The body adapting to a gradual increase in the amount of exercise is the definition of which stage of exercising?

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

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Bloom's: Remember

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

Topic: Principles of Physical Training

19. (p. 36) What determines the amount of overload needed to maintain or improve one's fitness level?

- A. warm down time
- B. repetition
- C. specificity
- D.** duration

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Bloom's: Remember

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

Topic: Principles of Physical Training

20. (p. 37) 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 a person exercises harder than his or her normal level of activity.
- C. The appropriate intensity is the same for all people.
- D. To develop flexibility, a person must stretch the muscles to the same length each time.

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Bloom's: Understand

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

Topic: Principles of Physical Training

21. (p. 37) What principle forms the basis of the time component of the FITT principle for overload for a muscular strength program?

- A. the amount of weight lifted
- B. the number of training days per week
- C. a cardiorespiratory fitness program
- D.** the number of sets and repetitions of specific exercises

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Bloom's: Understand

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

Topic: Principles of Physical Training

22. (p. 37) 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

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Bloom's: Remember

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

Topic: Principles of Physical Training

23. (p. 37) 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**

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Bloom's: Remember

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

Topic: Principles of Physical Training

24. (p. 38) 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

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Bloom's: Remember

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

Topic: Principles of Physical Training

25. (p. 38) What is the maximal improvement in the body's ability to transport and use oxygen that people can expect because of training?

- A. 5 to 10%
- B. 5 to 30%**
- C. 40 to 50%
- D. 60 to 70%

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Bloom's: Remember

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

Topic: Principles of Physical Training

26. (p. 38) What does the Physical Activity Readiness Questionnaire (PAR-Q) achieve?

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

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Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

27. (p. 38-39) Which condition can an exercise stress test determine?

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

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Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

28. (p. 39) What is the first step in creating a successful fitness program?

- A. Determine your training intensity.
- B. Assess your current fitness level.**
- C. Set specific fitness goals.
- D. Plan your fitness program.

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Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

29. (p. 39) What characteristic helps make goals long lasting and attainable?

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

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Bloom's: Understand

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

Topic: Designing Your Own Exercise Program

30. (p. 39) 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

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Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

31. (p. 39) 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

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Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

32. (p. 40) 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 or performing callisthenic exercises
 - D. activities that decrease body fat

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Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

33. (p. 40) 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

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Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

34. (p. 40) What is a key to improving fitness?

- A. exercise very hard
- B. exercise consistently**
- C. choose the best form of exercise
- D. exercise for long periods

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Bloom's: Remember

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

Topic: Guidelines for Training

35. (p. 40) Which combination of activities develops healthy body composition?

- A. weight training, stretching, and cardiorespiratory endurance exercise
- B. sensible diet, resistance training, and cardiorespiratory endurance exercise**
- C. sensible diet, resistance training, and stretching
- D. sensible diet, stretching, and cardiorespiratory endurance exercise

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

36. (p. 41) When do overuse or overtraining injuries occur?

- A. when a person trains 3 days per week
- B. when a person warms up prior to exercise
- 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**

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Bloom's: Remember

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

Topic: Guidelines for Training

37. (p. 42) 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.

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Bloom's: Remember

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

Topic: Guidelines for Training

38. (p. 42) What is one way to develop a higher degree of fitness?

- A. Consistently overtrain.
- B. Keep a rigid program.
- C. Vary the program from time to time.
- D. Take time off and the restart the process.

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Guidelines for Training

39. (p. 42) What is another name for cycle training?

- A. specificity
- B. skill training
- C. periodization
- D. overload

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Guidelines for Training

40. (p. 46) Which is a good strategy for evaluating a health and fitness center?

- A. Sign a long term contract.
- B.** Visit at the time one plans to use the club.
- C. Accept the lowest cost of membership.
- D. Assume equipment will be updated regularly.

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Bloom's: Remember

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

Topic: Guidelines for Training

True / False Questions

41. (p. 28) Short periods of inactivity do not compensate for hours of inactivity.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

42. (p. 28) 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

Accessibility: Keyboard Navigation

Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

43. (p. 28) *Exercise* and *physical activity* are synonyms.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

44. (p. 29) To obtain health benefits, one should do daily physical activity in one session rather than in multiple bouts.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

45. (p. 30) The benefits of exercise extend beyond disease prevention.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Understand

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

46. (p. 32) Moderate levels of physical activity can improve brain health and function.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

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

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

48. (p. 31) Moderate-intensity physical activity can improve health, but it may not be enough to improve fitness.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

49. (p. 32) Cardiorespiratory endurance is the ability to perform short-duration, high-intensity exercise.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Components of Physical Fitness

50. (p. 33) 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.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Components of Physical Fitness

51. (p. 33) Cardiorespiratory endurance training is the best way to increase muscle mass.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Components of Physical Fitness

52. (p. 34) A person with excessive body fat is less likely to experience health problems.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Components of Physical Fitness

53. (p. 34) Coordination is considered a health-related component of fitness.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Components of Physical Fitness

54. (p. 34) Balance is considered a skill-related component of fitness.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Components of Physical Fitness

55. (p. 35) The principle of specificity states that placing increasing amounts of stress on the body causes adaptations that improve fitness.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Principles of Physical Training

56. (p. 36) The amount of exercise a person needs to improve fitness is dependent on that person's current level of fitness.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Principles of Physical Training

57. (p. 37) The optimal exercise frequency for improving one's health-related cardiorespiratory fitness level is three to five days per week.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Principles of Physical Training

58. (p. 37) Cardiorespiratory endurance exercise should take place in sessions or bouts of at least 20 continuous minutes in order to build fitness.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Principles of Physical Training

59. (p. 37) To obtain fitness benefits, one must do high-intensity endurance exercise for a minimum of 45 to 60 minutes.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Principles of Physical Training

60. (p. 37) A person who stops exercising on a regular basis may lose up to 50% of her or his fitness improvements within two months.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Principles of Physical Training

61. (p. 38) Only healthy women over the age of 40 should see a physician before beginning an exercise program.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

62. (p. 39) The bottom level of the physical activity pyramid contains strength training and flexibility exercises.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

63. (p. 39) Swimming and jogging can help develop cardiorespiratory endurance.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

64. (p. 40) Callisthenic exercises such as sit-ups and push-ups can develop muscular strength and endurance.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

65. (p. 39) Lifestyle physical activities make up the tip of the physical activity pyramid.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

66. (p. 41) The three phases of an exercise program are the beginning, progress, and maintenance phases.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Guidelines for Training

67. (p. 42) A warm-up reduces the temperature of muscles.

FALSE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Guidelines for Training

68. (p. 42) Training lightly during one workout and intensely during the next workout is an example of periodization.

TRUE

Accessibility: Keyboard Navigation

Bloom's: Remember

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

Topic: Guidelines for Training

Short Answer Questions

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

Answers will vary

Bloom's: Understand

Learning Objective: Describe how much physical activity is recommended for developing health and fitness.

Topic: Physical Activity for Health and Fitness

70. Explain the differences among the guidelines for lifestyle physical activity for health promotion, the guidelines for physical activity to promote weight management, and the guidelines for exercise to build physical fitness. Give an example of a program that meets the goals set by each of these three sets of guidelines.

Answers will vary

Bloom's: Apply

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

Topic: Principles of Physical Training

71. List and describe each dimension of progressive overload. Provide an example of how to apply each to one of the components of health-related fitness.

Answers will vary

Bloom's: Understand

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

Topic: Components of Physical Fitness

72. List the levels of the physical activity pyramid; and describe the type of activity and the recommended frequency for each level.

Answers will vary

Bloom's: Remember

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

Topic: Designing Your Own Exercise Program

73. 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.

Answers will vary

Bloom's: Understand

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

Topic: Guidelines for Training