

Student name: _____

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

Which of the following *best* summarizes the components of the "HELP" acronym?

Healthy

Lifestyle

Planning

Home

Education for

Lifestyle

Planning

Health is available to

Everyone for a

Lifetime and it's

Personal

Health

Education for

Lifeskills and

Prevention

In the *HELP* philosophy, the "E" in *HELP* stands for

Elated.

Equal.

Everyone.

Empathy.

What is the broad vision of the *Healthy People Initiative*?

Create a society in which all people live long, healthy lives.

Improve health care access for all Americans.

Reduce cancer rates and increase the average lifespan.

Promote fitness and healthy lifestyles.

"Disparities in health" refers to differences in health

by levels of fitness.

across countries.

over time.

across ethnic and income groups.

An overarching goal of the *Healthy People Initiative* is to increase both _____
and _____.

fitness; wellness

healthspan; lifespan

metabolic fitness; functional fitness

cardiorespiratory endurance; muscular endurance

To achieve _____, we must eliminate ethnicity, income, gender, and age health disparities.

health equity

the *HELP* philosophy

wellness

hypokinetic fitness

When someone can enjoyably do the activities of life with little or no limitation and can function independently, they are said to have

emotional quotient.

health-related quality of life.

hardiness.

emotional satisfaction.

Which of the following *best describes* wellness?

freedom from disease and debilitating conditions

quality of life and a sense of well-being

spiritual fulfillment and self-esteem

satisfaction with work and social relationships

An individual's ability to cope with daily events and deal with personal feelings in a positive, optimistic, and constructive way is known as _____ wellness.

social

emotional

spiritual

intellectual

An individual's ability to interact effectively with others and to establish meaningful relationships is known as _____ wellness.

spiritual

intellectual

social

emotional

An individual's ability to meet the demands of daily life is known as _____ wellness.

physical

emotional

spiritual

social

An individual demonstrates which type of wellness when he or she establishes a values system and carries out meaningful and constructive life goals?

spiritual

intellectual

emotional

social

It is possible for an individual to possess health and wellness while being ill or having a debilitating condition because he or she

may still have a positive outlook.

can still use holistic treatments.

can still meet emergency situations.

may still be physically fit.

_____ refers to the number of healthy years in your life that are free of illness and debilitating conditions.

Morbidity

Healthspan

Life expectancy

Lifespan

What is the primary purpose of self-assessment?

Get motivated by seeing your weaknesses.

Provide a comparison to others.

Learn measurement skills.

Identify areas in which you may need to make improvements.

Which of the following is NOT a dimension of wellness?

Physical

Spiritual

Emotional

Economic

Which of the following statements about health and wellness is true?

Researchers have found evidence that people with positive outlooks are better able to cope with illness and disease and have improved outcomes from medical treatments.

The dimensions of wellness are separate components that rarely interact or overlap with each other.

An individual with a debilitating health condition has, by definition, a low level of wellness.

Products and promotions focused on “holistic” health can be trusted as safe and effective because wellness is a holistic concept.

What is the primary difference between health-related and skill-related fitness?

Health-related fitness is directly related to reduced risk of hypokinetic disease.

Skill-related fitness is associated with more enjoyment.

Genetics plays a bigger role in health-related fitness than in skill-related fitness.

Skill-related fitness components are more difficult to perform.

Which of the following is NOT a component of health-related physical fitness?

body composition

coordination

flexibility

cardiorespiratory endurance

Hypokinetic means

water exercise.

too little exercise.

infectious disease.

low blood pressure.

Which of the following is an example of a hypokinetic condition?

adult-onset diabetes

sinus infection

allergy

athlete's foot

What is another name for skill-related fitness?

metabolic fitness

performance fitness

hand-eye coordination

motor fitness

Which of the following statements about physical fitness is TRUE?

Physical fitness is characterized by sports skills.

Optimal physical fitness ensures optimal health.

Health-related fitness is more important than skill-related fitness.

Physical fitness is the same as cardiovascular fitness.

Which of the following is an indicator of improved metabolic fitness?

decreased percentage of body fat

increased flexibility

decreased blood pressure

increased agility

Which of the following is a health-related aspect of fitness?

speed

balance

reaction time

strength

Which of the following is a skill-related component of fitness?

body composition

agility

flexibility

cardiorespiratory fitness

The ability to transfer energy into force at a fast rate of speed is called

reaction time.

speed.

power.

agility.

The ability to use the senses with the body parts to perform motor tasks smoothly and accurately is called

balance.

reaction.

coordination.

agility.

The maintenance of equilibrium while stationary or while moving is called

agility.

poise.

balance.

coordination.

The ability to rapidly and accurately change the direction of movement of the entire body in space is called

agility.

transfer.

coordination.

balance.

The ability to perform daily work, school, and household tasks without undue fatigue, while also possessing adequate fitness to meet the demands of emergency situations, is referred to as

metabolic fitness.

holistic health.

wellness.

functional fitness.

Hypokinetic diseases such as obesity and low back pain are related to

too much carbohydrates.

not enough fiber.

eating disorders.

too little activity.

Flexibility refers to

percentage of muscle to fat.

range of motion available in a joint.

force generated over time.

the ability of the muscles to exert themselves.

Which of the following are all dimensions of wellness?

physical; emotional; social

spiritual; organizational; economic

emotional; spiritual; organizational

economic; spiritual; intellectual

Health and wellness are _____ states of being.

separate

integrated

parallel

static

Answer Key

Test name: ch1 Corbin's Concepts of Fitness e13

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