

Chapter 1 Making Personal Wellness Choices

1.1 Multiple Choice

- 1) Wellness is defined as
- A) the absence of disease.
 - B) the highest level of fitness.
 - C) the optimal soundness of body and mind.
 - D) the ability to exercise without excessive strain.

Answer: C

Diff: 1 Page Ref: 2

Skill: Factual

- 2) _____ is a component of spiritual wellness.
- A) Proper nutrition
 - B) Altruism
 - C) Intelligence
 - D) Physical activity

Answer: B

Diff: 1 Page Ref: 6

Skill: Applied

- 3) All of the following are examples of moderate physical activities except
- A) walking through the mall.
 - B) raking leaves.
 - C) running 3 miles on a treadmill.
 - D) bowling.

Answer: C

Diff: 2 Page Ref: 31

Skill: Applied

- 4) Healthy life expectancy is calculated by
- A) subtracting years of disability or illness from overall life expectancy.
 - B) comparing life expectancies over the past decade.
 - C) subtracting overall life expectancy from years of disability or illness.
 - D) examining causes of death over the past decade.

Answer: A

Diff: 2 Page Ref: 7

Skill: Factual

- 5) The stage of the transtheoretical model in which a person does not acknowledge a need to change a behavior is
- A) contemplation.
 - B) pre-contemplation.
 - C) termination.
 - D) maintenance.

Answer: B

Diff: 1 Page Ref: 10

Skill: Factual

- 6) The first step in making a behavior change is
- A) collecting data on the behavior.
 - B) acknowledging that a problem exists.
 - C) beginning to work on the change.
 - D) tracking the behavior in a journal.

Answer: B

Diff: 2 Page Ref: 11

Skill: Conceptual

- 7) In the United States the average life expectancy for a female is
- A) 67.
 - B) 70.
 - C) 75.
 - D) 80.

Answer: D

Diff: 1 Page Ref: 7

Skill: Factual

- 8) Physical inactivity is an attributing cause to all the following health conditions except
- A) cardiovascular disease.
 - B) cancer.
 - C) kidney disease.
 - D) Type 2 diabetes.

Answer: C

Diff: 2 Page Ref: 7-8

Skill: Factual

- 9) ACSM recommends that adults perform at least _____ minutes of moderate physical activity _____ days per week.
- A) 20; 3
 - B) 60; 7
 - C) 25; 2-3
 - D) 30; 5

Answer: D

Diff: 2 Page Ref: 38

Skill: Factual

- 10) Recycling and using public transportation are examples of _____ wellness.
- A) environmental
 - B) physical
 - C) occupational
 - D) social

Answer: A

Diff: 1 Page Ref: 5

Skill: Applied

- 11) All of the following are priorities of Healthy People 2010 except
- A) increasing quality years of healthy living.
 - B) eliminating health disparities.
 - C) improving access to quality health care.
 - D) increasing the number of employee fitness programs.

Answer: D

Diff: 2 Page Ref: 10

Skill: Factual

- 12) Regular physical activity is attributed to all the following except
- A) reduced risk of osteoporosis.
 - B) improved mood.
 - C) increased levels of blood sugar.
 - D) improved productivity.

Answer: C

Diff: 1 Page Ref: 7-8

Skill: Factual

- 13) All the following are examples of prevention except
- A) yearly mammograms for post-menopausal females.
 - B) wearing a seat belt in a motor vehicle.
 - C) breast self-exams.
 - D) radiation treatment for cancer.

Answer: D

Diff: 2 Page Ref: 12-13

Skill: Conceptual

- 14) Which of the following is a specific, time oriented goal for weight loss?
- A) I will lose 2 pounds in the next month.
 - B) I will lose weight this year.
 - C) I will lose 10 lbs.
 - D) I will actively work toward achieving a healthy weight by next year.

Answer: A

Diff: 2 Page Ref: 17

Skill: Applied

15) Shaping is defined as

- A) substituting a healthy behavior for an unhealthy behavior.
- B) making a series of small changes.
- C) following a plan of action.
- D) controlling the environment.

Answer: B

Diff: 1 Page Ref: 17

Skill: Factual

16) A person with an internal locus of control

- A) is motivated only when encouraged by someone else.
- B) has a high level of self-efficacy.
- C) attributes relapse environmental conditions.
- D) is less successful in achieving a behavioral goal.

Answer: B

Diff: 3 Page Ref: 13-15

Skill: Conceptual

17) Barriers to change include all the following except

- A) asserting an intention to change.
- B) setting unattainable goals.
- C) a lack of a support system.
- D) having unrealistic expectations.

Answer: A

Diff: 2 Page Ref: 15

Skill: Applied

18) Modeling is defined as

- A) creating behavioral goals.
- B) learning how to adopt new behaviors by choosing a role model who exhibits those behaviors.
- C) a mental practice in which one sees himself succeeding.
- D) showing another person how to achieve a goal.

Answer: B

Diff: 2 Page Ref: 17

Skill: Factual

19) When a person pictures himself succeeding in achieving a goal, he is using

- A) modeling.
- B) shaping.
- C) visualization.
- D) countering.

Answer: C

Diff: 2 Page Ref: 15

Skill: Factual

- 20) Research has shown that _____ decreases a person's risk for chronic disease.
- A) physical inactivity
 - B) smoking
 - C) high caloric intake
 - D) physical activity

Answer: D

Diff: 1 Page Ref: 7-9

Skill: Factual

- 21) The 1996 Surgeon General's report showed that most Americans are
- A) physically active.
 - B) physically inactive.
 - C) healthy.
 - D) underweight.

Answer: B

Diff: 1 Page Ref: 9

Skill: Factual

- 22) A physically fit person is best defined as someone who
- A) has ideal body composition, flexibility, lung capacity, and muscular fitness levels.
 - B) has optimal wellness in all dimensions.
 - C) is a highly skilled athlete.
 - D) performs moderate physical activity daily.

Answer: A

Diff: 2 Page Ref: 3-4

Skill: Applied

- 23) All the following contributing factors to premature death are within a person's control except
- A) smoking.
 - B) poor dietary intake.
 - C) genetic disability.
 - D) physical inactivity.

Answer: C

Diff: 1 Page Ref: 15

Skill: Applied

- 24) The number one killer in the United States among adults of all ages is
- A) cardiovascular disease.
 - B) chronic lower respiratory disease.
 - C) cancer.
 - D) diabetes.

Answer: A

Diff: 1 Page Ref: 8

Skill: Factual