

Health: The Basics, 12e (Donatelle)

Chapter 11 Improving Your Personal Fitness

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

- A) cardiorespiratory fitness
- B) muscular strength and endurance
- C) body composition
- D) body image

Answer: D

Diff: 2

Skill: Understanding

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

2) Walking to class or up a flight of stairs would be examples of

- A) exercise.
- B) physical fitness.
- C) physical activity.
- D) endurance.

Answer: C

Diff: 3

Skill: Applying

Section: Physical Activity for Health

Learning Outcome: 11.1

3) Except for physical education classes in elementary and high school, Jayleen has been sedentary all her life. Motivated by her mother's recent diagnosis of high blood pressure, Jayleen, now a junior in college, wants to improve her physical fitness. Her first step should be to

- A) consult a Registered Dietitian Nutritionist.
- B) hire a personal trainer.
- C) get her primary healthcare provider's clearance for exercise.
- D) sign up for an aerobics class.

Answer: C

Diff: 3

Skill: Applying

Section: Committing to Physical Fitness

Learning Outcome: 11.3

- 4) Vic is taking five classes and working 20 hours a week. He wants to get back into his former running program, but feels too pressed for time. Which of the following strategies might BEST help him overcome this obstacle?
- A) He could invite his partner to go for a run with him on Sundays.
 - B) He could read a textbook or listen to a lecture on his MP3 player while jogging on a treadmill.
 - C) He could watch a motivational film about Olympic runners.
 - D) He could reward himself with dessert after dinner on days when he manages to exercise.

Answer: B

Diff: 3

Skill: Applying

Section: Committing to Physical Fitness

Learning Outcome: 11.3

- 5) In a fitness program, increasing the amount of weight you lift over time is an example of

A) the specificity principle.

B) overloading.

C) repetition.

D) endurance exercise.

Answer: B

Diff: 2

Skill: Understanding

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

- 6) Regular aerobic exercise improves the functioning of the

A) lungs, bronchi, and large vessels.

B) bones and muscles.

C) skeletal and cardiac muscles.

D) heart, lungs, and blood vessels.

Answer: D

Diff: 2

Skill: Understanding

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

- 7) Regular physical activity has been linked to all of the following EXCEPT

A) lower risk for diabetes.

B) reduction in hypertension.

C) lower life expectancy.

D) improved bone mass.

Answer: C

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

- 8) Which statement BEST summarizes the association between exercise and improved immunity?
- A) Long-term, heavy exercisers get the most gain in immunity versus those who exercise only moderately.
 - B) Moderate-intensity exercise temporarily increases the number of white blood cells, thereby boosting immunity.
 - C) Regular exercise does not have any correlation to a healthy immune system.
 - D) The most significant improvements in immunity are seen when a moderate exerciser begins a more intense exercise program.

Answer: B

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

- 9) Exercise can reduce the risk of heart disease by all of the following EXCEPT
- A) improving blood flow.
 - B) increasing LDL levels.
 - C) increasing heart efficiency.
 - D) increasing the number of capillaries.

Answer: B

Diff: 4

Skill: Analyzing

Section: Physical Activity for Health

Learning Outcome: 11.1

- 10) Regular aerobic exercise can reduce which type of cholesterol, known as "bad cholesterol"?
- A) HDLs
 - B) LDLs
 - C) triglycerides
 - D) essential fatty acids

Answer: B

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

- 11) All of the following are ways to measure the intensity of cardiovascular exercise EXCEPT
- A) target heart rate.
 - B) talk test.
 - C) blood gas analysis.
 - D) rating of perceived exertion.

Answer: C

Diff: 2

Skill: Understanding

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

- 12) Which of the following is TRUE about target heart rate?
- A) It is a measure of the heart rate after 20 minutes of exercise.
 - B) It is a percentage of your maximum heart rate.
 - C) It is the threshold level of exercise at which one cannot talk and exercise comfortably.
 - D) It varies by a person's body weight.

Answer: B

Diff: 2

Skill: Understanding

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

- 13) Tasha is 23 years old. Her MAXIMAL heart rate is

- A) 201 beats per minute.
- B) 197 beats per minute.
- C) 194 beats per minute.
- D) 191 beats per minute.

Answer: D

Diff: 3

Skill: Applying

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

- 14) In a fitness program, the slogan "use it or lose it" describes which principle?

- A) specificity
- B) overload
- C) reversibility
- D) flexibility

Answer: C

Diff: 3

Skill: Applying

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

- 15) Which of the following statements is TRUE about tai chi?

- A) Tai chi increases flexibility through the use of *asanas* (poses).
- B) Tai chi originated in India about 5,000 years ago.
- C) Tai chi combines stretching and movement against resistance, which is aided by devices such as tension springs or heavy rubber bands.
- D) Tai chi is an ancient Chinese form of exercise that promotes balance, coordination, and meditation.

Answer: D

Diff: 2

Skill: Understanding

Section: Implementing Your Fitness Program

Learning Outcome: 11.5

16) Which of the following forms of exercise focuses attention on controlled breathing and employs strengthening postures known as *asanas*?

- A) yoga
- B) tai chi
- C) spinning
- D) Pilates

Answer: A

Diff: 2

Skill: Understanding

Section: Implementing Your Fitness Program

Learning Outcome: 11.5

17) Bryan enjoys going for a 5-mile run as a way to wind down after his last class. Bryan should

A) eat a large meal providing carbs, fats, and proteins about an hour before he heads out for his run.

B) eat a small carbohydrate-rich snack about an hour before he heads out for his run.

C) drink a "performance-enhancing" protein shake immediately before he heads out for his run.

D) eat nothing for at least 3 hours before he heads out for his run.

Answer: B

Diff: 3

Skill: Applying

Section: Taking in Proper Nutrition for Exercise

Learning Outcome: 11.6

18) Cynthia tends to sweat profusely during her 75-minute "power aerobics" class. Cynthia should

A) switch to a shorter or less vigorous aerobics class.

B) urge her instructor to turn up the air conditioning in the room.

C) drink plain water periodically throughout the class.

D) drink a sports beverage periodically throughout the class.

Answer: D

Diff: 3

Skill: Applying

Section: Taking in Proper Nutrition for Exercise

Learning Outcome: 11.6

19) The least serious form of heat-related illness is

A) heatstroke.

B) heat exhaustion.

C) heat cramps.

D) hypothermia.

Answer: C

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

20) The amount of force that a muscle is capable of exerting is referred to as

- A) muscular endurance.
- B) muscular strength.
- C) aerobic capacity.
- D) overload.

Answer: B

Diff: 1

Skill: Remembering

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

21) Which type of physical activity involves planned, structured, and repetitive body movement?

- A) exercise
- B) strength
- C) aerobic
- D) fitness

Answer: A

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

22) The principle of fitness training that holds that the body should be gradually required to do more than it is used to doing is

- A) specificity.
- B) tension.
- C) overload.
- D) duration.

Answer: C

Diff: 2

Skill: Understanding

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

23) Regular exercise

- A) reduces the flow of oxygen to the brain.
- B) deprives the brain of nutrients.
- C) improves concentration.
- D) increases stress.

Answer: C

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

24) If you can perform regular moderate to vigorous levels of physical activity without excessive fatigue, you are considered to be

- A) athletic.
- B) flexible.
- C) agile.
- D) physically fit.

Answer: D

Diff: 3

Skill: Applying

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

25) Exercise can improve mental health by

- A) affecting neurotransmitters associated with mood enhancement.
- B) decreasing endorphin production after exercise.
- C) burning off the byproducts of metabolism.
- D) straining the muscles and joints.

Answer: A

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

26) Exercise helps with weight control by increasing the body's

- A) blood pressure.
- B) heart rate.
- C) metabolic rate.
- D) resistance to infection.

Answer: C

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

27) What is the U.S. Department of Health and Human Services' recommendation for the minimum amount of moderate-intensity exercise for adults?

- A) 100 minutes per week
- B) 150 minutes per week
- C) 200 minutes per week
- D) 250 minutes per week

Answer: B

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

28) An example of a SMART goal is

- A) I want to lose twenty pounds.
- B) I'm going to get fit by exercising more.
- C) I plan to get my high blood pressure into the normal range by next month.
- D) I'll sign up for the strength-training class and try to increase the weight I can lift by 20% by the end of the term.

Answer: D

Diff: 3

Skill: Applying

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

29) All of the following are overuse injuries EXCEPT

- A) shin splints.
- B) runner's knee.
- C) plantar fasciitis.
- D) ligament sprain.

Answer: D

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

30) All of the following are part of the RICE formula for treating sports- and fitness-related injuries EXCEPT

- A) rest the injured body part.
- B) elevate the injured extremity.
- C) compress the injury with an elastic bandage.
- D) apply heat at the injury site.

Answer: D

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

31) Which of the following is the most serious form of heat-stress illness?

- A) heat cramps
- B) heat exhaustion
- C) heat response
- D) heatstroke

Answer: D

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

32) How long does it take for a person's body to become accustomed to exercising in the heat?

- A) 4-5 days
- B) about a week
- C) about 2 weeks
- D) at least 2 months

Answer: C

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

33) Which of the following is FALSE about hypothermia?

- A) It is a potentially fatal condition from abnormally low body temperature.
- B) In early stages it causes shivering.
- C) It may produce poor judgment, apathy, and amnesia.
- D) It can only happen in temperatures below 32 degrees Fahrenheit.

Answer: D

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

34) Which of the following would NOT be good advice for someone who is purchasing running shoes?

- A) Make sure to try them on later in the day when feet have expanded.
- B) Make sure the shoes are made specifically for running.
- C) Make sure the shoes have good shock absorption.
- D) Make sure there is no extra room in the toe box.

Answer: D

Diff: 3

Skill: Applying

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

35) What are the components of the FITT principle that apply to all types of exercise?

- A) frequency, intensity, time, and type
- B) fitness, intensity, tension, and time
- C) frequency, information, time, and tempo
- D) fitness, involvement, time, and type

Answer: A

Diff: 1

Skill: Remembering

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

36) Which of the following is an example of a test that assesses muscular endurance?

- A) partial curl-up test
- B) maximum repetition test
- C) sit-and-reach test
- D) 1.5-mile run test

Answer: A

Diff: 2

Skill: Understanding

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

37) A person with strong core muscles has improved posture and

- A) reduced chance of injury.
- B) enhanced cardiovascular fitness.
- C) the ability to lift free weights.
- D) reduced training time.

Answer: A

Diff: 3

Skill: Applying

Section: Implementing Your Fitness Program

Learning Outcome: 11.5

38) According to cancer experts, what percentage of cancers could be prevented by being physically active and eating a healthy diet?

- A) one-quarter
- B) one-third
- C) one-half
- D) three-quarters

Answer: B

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

39) When doing some form of aerobic exercise, you are at a moderate level of intensity when you are

- A) barely able to catch your breath.
- B) able to sing clearly.
- C) able to converse with someone.
- D) able to talk in short fragments only.

Answer: C

Diff: 3

Skill: Applying

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

- 40) Training for muscle endurance can be done with
- A) free weights or weight machines and the guidance of a personal trainer.
 - B) weight machines or resistance bands or equipment.
 - C) free weights or your own body weight.
 - D) free weights, machines, resistance equipment, or your own body weight.

Answer: D

Diff: 3

Skill: Applying

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

- 41) A swimmer trying to improve her stroke performance concentrates mainly on upper body weight training; her training program is an example of

- A) isometric training.
- B) specificity.
- C) tension training.
- D) isolation.

Answer: B

Diff: 3

Skill: Applying

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

- 42) When developing a strength-training program, if you want to increase muscular strength, you need

- A) a varied exercise selection.
- B) a consistent number of repetitions and sets.
- C) lower intensity and a higher number of repetitions and sets.
- D) higher intensity and fewer repetitions and sets.

Answer: D

Diff: 3

Skill: Applying

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

- 43) The body's core muscles are the muscles of the

- A) back, abdomen, and hips.
- B) chest, abdomen, and legs.
- C) back, hips, and legs.
- D) chest and abdomen.

Answer: A

Diff: 2

Skill: Understanding

Section: Implementing Your Fitness Program

Learning Outcome: 11.5

44) An example of an exercise to build core strength would be

- A) abdominal curl-ups.
- B) jogging.
- C) hip stretches.
- D) toe touches.

Answer: A

Diff: 3

Skill: Applying

Section: Implementing Your Fitness Program

Learning Outcome: 11.5

45) Which exercise technique involves working to slowly and gradually lengthen a muscle or group of muscles?

- A) strength training
- B) static stretching
- C) reflex building
- D) endurance training

Answer: B

Diff: 2

Skill: Understanding

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

46) General pain that occurs below the knee and above the ankle is called

- A) shin fasciitis.
- B) plantar fasciitis.
- C) tendon inflammation.
- D) shin splints.

Answer: D

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

47) Breaking a leg during a football game is an example of which type of injury?

- A) overuse
- B) traumatic
- C) repetitive
- D) stress-related

Answer: B

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

48) Good advice to someone who wants to exercise in hot weather would include all of the following EXCEPT

- A) wear appropriate clothing.
- B) exercise in early morning or evening, when temperatures are cooler.
- C) restrict the intake of fluids before working out.
- D) avoid dehydration.

Answer: C

Diff: 3

Skill: Applying

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

49) In hypothermia, death usually occurs when body core temperature drops to

- A) 75-80°F.
- B) 81-84°F.
- C) 87-90°F.
- D) below 95°F.

Answer: A

Diff: 1

Skill: Remembering

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

50) A sprained ankle should be iced

- A) every two hours for the first 24 hours.
- B) three times a day for the first 24 to 72 hours.
- C) for 20 minutes every hour for the first 24 to 72 hours.
- D) every hour for the first 24 hours.

Answer: C

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

51) If a person working in his yard on a very hot summer day begins to experience nausea, headache, dizziness, faintness, and the chills, he could be suffering from

- A) heat cramps.
- B) heat exhaustion.
- C) heatstroke.
- D) heat fatigue.

Answer: B

Diff: 3

Skill: Applying

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

- 52) A potentially fatal condition resulting from abnormally low body core temperature is called
- A) hypothermia.
 - B) hyperthermia.
 - C) temperature deprivation.
 - D) thermal atrophy.

Answer: A

Diff: 1

Skill: Remembering

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

- 53) Which statement about heat exhaustion is TRUE?

- A) It is the least serious heat-related illness.
- B) It is a mild form of shock.
- C) It has a high mortality rate.
- D) It is irreversible.

Answer: B

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

- 54) It is wise to deal with being outdoors in cold temperatures by

- A) wearing lightweight clothing to aid air circulation.
- B) being out on a day with low humidity.
- C) wearing layered clothing and keeping hydrated.
- D) restricting the intake of fluids before going out.

Answer: C

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

- 55) Which type of exercise is BEST for improving cardiorespiratory fitness?

- A) flexibility
- B) resistance
- C) anaerobic
- D) aerobic

Answer: D

Diff: 2

Skill: Understanding

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

56) Miranda plays on the lacrosse team and knows that increasing her aerobic capacity will help her on the field. To determine her current status, the team's trainer will conduct a test in which Miranda will run on a treadmill for a designated time while measurements are taken. What will the measure of her aerobic capacity show?

- A) the volume of oxygen her muscles consume during exercise
- B) her rate of respiration while under stress
- C) the electrical activity in her heart while exercising
- D) the capacity her lungs have for expansion if she trains harder

Answer: A

Diff: 3

Skill: Applying

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

57) A muscle's ability to perform contractions for a length of time is muscle

- A) flexibility.
- B) strength.
- C) endurance.
- D) extension.

Answer: C

Diff: 1

Skill: Remembering

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

58) The amount of force that a muscle can exert in one contraction is muscle

- A) flexibility.
- B) strength.
- C) endurance.
- D) extension.

Answer: B

Diff: 2

Skill: Understanding

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

59) The range of motion that a joint or series of joints can achieve is

- A) flexibility.
- B) strength.
- C) endurance.
- D) extension.

Answer: A

Diff: 2

Skill: Understanding

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

60) The relative proportions and distribution of fat and lean tissue throughout the body is its

- A) flexibility.
- B) risk of disease.
- C) weight.
- D) composition.

Answer: D

Diff: 2

Skill: Understanding

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

61) The amount of effort needed during a workout to improve some aspect of fitness is exercise

- A) flexibility.
- B) intensity.
- C) duration.
- D) resistance.

Answer: B

Diff: 2

Skill: Understanding

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

62) For an aerobic exercise such as a Latin dance class, which measurement would you use to confirm that you are working at 64 percent to 96 percent of your maximal heart rate for improved cardiorespiratory fitness?

- A) number of sets
- B) number of repetitions
- C) target heart rate
- D) target respiratory rate

Answer: C

Diff: 3

Skill: Applying

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

63) To check your pulse and determine your heart rate during aerobic exercise, it is best to place your index and middle fingers on arteries located

- A) on the side of neck or inside the wrist.
- B) inside the wrist or behind the knee.
- C) on the temple or side of the neck.
- D) over the heart or inside the elbow.

Answer: A

Diff: 3

Skill: Applying

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

64) In resistance training, which of the following represents the amount of weight or resistance that can be moved only once?

- A) one set (1 S)
- B) one repetition maximum (1 RM)
- C) one resistance maximum (1 RM)
- D) one static stretch (1 SS)

Answer: B

Diff: 2

Skill: Understanding

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

65) Which form of exercise combines stretching with movement against resistance and often involves the use of devices such as tension springs or heavy rubber bands?

- A) weight training
- B) yoga
- C) static stretching
- D) Pilates

Answer: D

Diff: 2

Skill: Understanding

Section: Implementing Your Fitness Program

Learning Outcome: 11.5

66) Which form of exercise involves techniques that slowly and gradually lengthen a muscle or group of muscles and the associated tendons?

- A) tai chi
- B) yoga
- C) static stretching
- D) Pilates

Answer: C

Diff: 2

Skill: Understanding

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

67) Regular physical activity decreases both HDL and LDL levels in the blood.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

68) A woman who does weight-bearing exercise will likely have higher bone mass and bone density than a woman who doesn't.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

69) Longevity is positively correlated with the intensity of regular exercise.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

70) Agility and balance are examples of skill-related components of physical fitness.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

71) Only 45% of American adults meet national guidelines for both cardiorespiratory and muscular fitness.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: Physical Activity for Fitness and Performance

Learning Outcome: 11.2

72) During the initial conditioning stage of a fitness program, it is important to exercise at high intensity to get in shape more quickly.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Committing to Physical Fitness

Learning Outcome: 11.3

73) In general, the lower the intensity of activity, the longer the duration of exercise should be.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

74) A warm-up prior to exercise after you've finished a long day of sedentary work should last longer than a warm-up after you've walked to the fitness center.

Answer: TRUE

Diff: 3

Skill: Applying

Section: Implementing Your Fitness Program

Learning Outcome: 11.5

75) It is not physiologically possible to drink too much water.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Taking in Proper Nutrition for Exercise

Learning Outcome: 11.6

76) Overuse injuries are those that occur suddenly and violently.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

77) A vigorous workout raises a person's metabolic rate during exercise and for several hours afterward.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

78) Athletes who train too much are said to suffer from overload syndrome.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

79) People who exercise regularly experience physical benefits but not psychological benefits.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

80) Athletes who engage in very extreme or intense physical activities, such as marathons, have been shown to be at an increased risk for upper respiratory tract infections.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Physical Activity for Health

Learning Outcome: 11.1

81) If you strain a muscle during exercise, you should put heat packs on it when you get home to ease the pain and promote healing.

Answer: FALSE

Diff: 3

Skill: Applying

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

82) Plantar fasciitis is an inflammation of muscles in the lower back.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.7

83) How does regular exercise physiologically lower the risk of cardiovascular disease?

Answer: Exercise makes both the cardiovascular and respiratory system more efficient. The heart becomes stronger and able to pump more blood with each beat, increasing the number of capillaries delivering blood to working muscles. Exercise reduces triglycerides and boosts HDLs, and the weight loss it promotes helps reduce LDLs. These factors reduce the risk for cardiovascular disease. Moreover, exercise can prevent or reduce hypertension, a form of cardiovascular disease. Exercise also reduces the risk for metabolic syndrome and type 2 diabetes, two other risk factors for cardiovascular disease.

Diff: 4

Skill: Analyzing

Section: Physical Activity for Health

Learning Outcome: 11.1

84) Applying the FITT principle, create a jogging and weight training program for a healthy college student who wants to stay fit and increase muscle strength.

Answer: The program should consist of jogging for 20-30+ minutes 3-5 days a week, at 64-96 percent of maximal heart rate. He or she should also weight train 2-3 days a week, skipping days in between, doing exercises that use all the major muscle groups. The weight training should be at a resistance of at least 60 percent of 1 RM to obtain improvements in strength.

Diff: 3

Skill: Applying

Section: Creating Your Own Fitness Program

Learning Outcome: 11.4

85) You want to train for a 10K race being held in July, which means you'll have to train in the heat of summer. Describe your plan to avoid heat-related illness.

Answer: Allow your body to adjust to working out in the heat by gradually increasing activity performed in hot weather. Be sure to stay well hydrated. During exercise sessions lasting longer than 60 minutes, drink a sports beverage instead of plain water to replace electrolytes lost in sweat. Exercise during cooler times of day, and wear appropriate clothes.

Diff: 3

Skill: Applying

Section: Taking in Proper Nutrition for Exercise and Preventing and Treating Fitness-Related Injuries

Learning Outcome: 11.6 and 11.7

86) Compare and contrast the health risks of the following two people: Suki is a 25-year-old recreational runner. She runs for 30 minutes at least 4 days a week and weight trains at a fitness center for 30 minutes 3 days a week. She also makes sure she stretches after her workouts. Marla is a 25-year-old graduate student who does not exercise regularly. She will occasionally take a jog with friends, but is often out of breath and too sore the next day to be motivated to do it regularly.

Answer: Suki has fewer health risks because she exercises regularly. Her heart and lungs are stronger and she probably has normal blood pressure and higher HDL than Marla. She is more likely to be of normal body weight than Marla. Marla will most likely have lower bone density and may have a shorter lifespan than Suki if she does not change her sedentary behaviors. Suki will also have better immune responses and be at a lower risk of some cancers than Marla. Marla is also at increased risk for injury when she does exercise.

Diff: 5

Skill: Evaluating

Section: Physical Activity for Health

Learning Outcome: 11.1