

## CHAPTER 1—PHYSICAL FITNESS AND WELLNESS

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### MATCHING

Select the key term that best associates with the description below. Each term is used only once.

- a. Altruism
- b. Cardiorespiratory
- c. Chronic
- d. Health-related Fitness
- e. Metabolic Profile
- f. Morbidity
- g. Prayer
- h. Risk Factors
- i. Sedentary
- j. Skill-related Fitness

- 1. A general condition related to illness or disease.
- 2. Important for athletics; includes power, balance, and reaction time.
- 3. Includes body composition and flexibility.
- 4. Lasting a long time.
- 5. Lifestyle and genetic variables that may lead to disease.
- 6. Refers to the function of the heart and lungs.
- 7. Relatively inactive; includes a lot of sitting.
- 8. Risk assessment for diabetes and cardiovascular disease.
- 9. Sincere and humble communication with a higher power.
- 10. True concern for the welfare of others.

- |  |        |  |
|--|--------|--|
| 1. ANS: F  | PTS: 1 |  |
| REF: Leading Health Problems in the United States; Key Terms |        |  |
| 2. ANS: J  | PTS: 1 | REF: Types of Physical Fitness; Key Terms        |
| 3. ANS: D  | PTS: 1 | REF: Types of Physical Fitness; Key Terms        |
| 4. ANS: C  | PTS: 1 | REF: Introduction; Key Terms                     |
| 5. ANS: H  | PTS: 1 | REF: Wellness; Key Terms                         |
| 6. ANS: B  | PTS: 1 | REF: Key Terms                                   |
| 7. ANS: I  | PTS: 1 | REF: Wellness, Fitness, and Longevity; Key Terms |
| 8. ANS: E  | PTS: 1 | REF: Health Fitness Standards; Key Terms         |
| 9. ANS: G  | PTS: 1 | REF: Spiritual Wellness; Key Terms               |
| 10. ANS: A   | PTS: 1 | REF: Spiritual Wellness; Key Terms               |

### TRUE/FALSE

- 1. Research shows that deterioration of the human body can be hastened by physical inactivity.

ANS: T                      PTS: 1                      REF: Introduction

- 2. The epidemic of physical inactivity in the United States is called the Pedestrian Death Syndrome (PDS).

ANS: F                      PTS: 1                      REF: Introduction

3. Life expectancy is higher for men than for women in the United States.

ANS: F                      PTS: 1                      REF: Life Expectancy

4. The National Institute of Aging projects a decrease in life expectancy in the United States for the coming decades.

ANS: T                      PTS: 1                      REF: Life Expectancy

5. Cardiovascular disease is the second leading cause of death in the United States.

ANS: F                      PTS: 1                      REF: Leading Health Problems in the United States

6. The general recommendation for adults is to take 8,000 steps per day.

ANS: F                      PTS: 1                      REF: Monitoring Daily Physical Activity

7. Cardiovascular disease has decreased (as a percentage of all deaths) for most of the last 30 years.

ANS: T                      PTS: 1                      REF: Wellness, Fitness, and Longevity

8. The largest decrease in mortality in the Harvard alumni study occurred with alumni who burned 1,000 calories per week using physical activity.

ANS: F                      PTS: 1                      REF: Wellness, Fitness, and Longevity

9. Yearly per capita health care costs in the United States are currently about \$5,000.

ANS: F                      PTS: 1                      REF: Economic Benefits

10. Tobacco use is the largest cause of preventable death in the United States.

ANS: T                      PTS: 1  
REF: Introduction; Figure 1.5; Healthy Lifestyle Habits Behavior Modification Planning Box

## **MULTIPLE CHOICE**

1. Life expectancy for a child born in the United States at the beginning of the 20<sup>th</sup> century was about \_\_\_\_ years.

- a. 35–40
- b. 45–50
- c. 55–60
- d. 65–70
- e. 75–80

ANS: B                      PTS: 1                      REF: Introduction

2. A cause of death that increased (as a percentage of all deaths) over the last 100 years in the United States is:

- a. accidents.
- b. cancer.
- c. influenza.
- d. pneumonia.

e. tuberculosis.

ANS: B

PTS: 1

REF: Introduction

3. Life expectancy for a child born today in the United States is about \_\_\_\_ years.
- a. 46–51
  - b. 56–61
  - c. 66–71
  - d. 76–81
  - e. 86–91

ANS: D

PTS: 1

REF: Life Expectancy

4. Currently, the United States ranks between \_\_\_\_ of the nations in the world in life expectancy.
- a. 1<sup>st</sup> and 5<sup>th</sup>
  - b. 10<sup>th</sup> and 20<sup>th</sup>
  - c. 20<sup>th</sup> and 35<sup>th</sup>
  - d. 35<sup>th</sup> and 50<sup>th</sup>
  - e. 50<sup>th</sup> and 65<sup>th</sup>

ANS: C

PTS: 1

REF: Life Expectancy

5. Life expectancy in the United States is significantly affected by a low level of:
- a. activeness.
  - b. coronary heart disease.
  - c. medical care.
  - d. tobacco use.
  - e. violence.

ANS: A

PTS: 1

REF: Life Expectancy

6. About \_\_\_\_% of all deaths in the United States are due to cardiovascular diseases.
- a. 20
  - b. 30
  - c. 40
  - d. 50
  - e. 60

ANS: B

PTS: 1

REF: Leading Health Problems in the United States

7. \_\_\_\_% of lung cancer in the United States is caused by tobacco use.
- a. 57
  - b. 67
  - c. 77
  - d. 87
  - e. 97

ANS: D

PTS: 1

REF: Leading Health Problems in the United States

8. Smoking accounts for about \_\_\_\_% of all cancer deaths.
- a. 30
  - b. 40
  - c. 50
  - d. 60
  - e. 70

ANS: A

PTS: 1

REF: Leading Health Problems in the United States

9. The American Cancer Society estimates that about \_\_\_\_% of all human cancer could be prevented through positive lifestyle behaviors.
- 50
  - 60
  - 70
  - 80
  - 90

ANS: D

PTS: 1

REF: Leading Health Problems in the United States

10. About \_\_\_\_% of accidental deaths and suicides in the United States are alcohol-related.
- 30
  - 40
  - 50
  - 60
  - 70

ANS: C

PTS: 1

REF: Leading Health Problems in the United States

11. The “big five” underlying causes of death in the United States are:
- accidents, drug abuse, high blood glucose, high blood pressure, and sexual behavior.
  - accidents, firearms, microbial infections, tobacco use, and toxic agents.
  - alcohol abuse, diet, firearms, microbial infections, and toxic agents.
  - high blood glucose, high blood pressure, obesity, physical inactivity, and tobacco use.
  - diet, drug abuse, obesity, physical inactivity, and sexual behavior.

ANS: D

PTS: 1

REF: Leading Health Problems in the United States

12. Planned, structured, and repetitive bodily movement to improve or maintain one or more of the components of fitness is called:
- exercise.
  - fitness control.
  - life management.
  - lifestyle.
  - physical activity.

ANS: A

PTS: 1

REF: Physical Activity and Exercise Defined; Key Terms

13. Regular physical activity was not listed by the Surgeon General’s Report on Physical Activity and Health to reduce the risk for:
- depression.
  - diabetes.
  - colon cancer.
  - gallstones.
  - high blood pressure.

ANS: D

PTS: 1

REF: Physical Activity and Exercise Defined / Importance of Increased Physical Activity

14. The U.S. Surgeon General recommends adults do at least \_\_\_\_ physical activity for 5 days each week to promote and maintain good health.
- 10 minutes of moderate

- b. 20 minutes of moderate
- c. 30 minutes of moderate
- d. 10 minutes of vigorous
- e. 20 minutes of vigorous

ANS: C PTS: 1

REF: Physical Activity and Exercise Defined / Importance of Increased Physical Activity

15. The U.S. Surgeon General recommends that adults do muscle-strengthening activities that involve all major muscle groups at least \_\_\_\_ per week.
- a. 1 day
  - b. 2 days
  - c. 3 days
  - d. 4 days
  - e. 5 days

ANS: B PTS: 1

REF: National Initiatives to Promote Healthy and Active Lifestyles / Federal Guidelines for Physical Activity

16. According to the Centers for Disease Control and Prevention, \_\_\_\_% of adults meet the minimal recommendation of 30 minutes of moderate physical activity at least 5 days each week.
- a. 9
  - b. 19
  - c. 29
  - d. 39
  - e. 49

ANS: E PTS: 1 REF: Monitoring Daily Physical Activity

17. A constant and deliberate effort to improve quality of life is best defined as:
- a. absence of cardiovascular problems.
  - b. freedom from disease.
  - c. good physical fitness.
  - d. risk management.
  - e. wellness.

ANS: E PTS: 1 REF: Wellness; Key Terms

18. \_\_\_\_ wellness is the dimension most commonly associated with being healthy.
- a. Emotional
  - b. Mental
  - c. Physical
  - d. Social
  - e. Spiritual

ANS: C PTS: 1 REF: Wellness / Physical Wellness; Key Terms

19. \_\_\_\_ wellness enables you to move ahead with optimism and energy.
- a. Emotional
  - b. Intellectual
  - c. Mental
  - d. Physical
  - e. Spiritual

ANS: A PTS: 1 REF: Wellness / Emotional Wellness; Key Terms

20. \_\_\_\_ wellness implies vision and an ability to create opportunities to learn.

- a. Emotional
- b. Mental
- c. Physical
- d. Social
- e. Spiritual

ANS: B

PTS: 1

REF: Wellness / Mental Wellness; Key Terms

21. \_\_\_\_ wellness provides a unifying power that integrates all dimensions of wellness.

- a. Emotional
- b. Intellectual
- c. Mental
- d. Physical
- e. Spiritual

ANS: E

PTS: 1

REF: Wellness / Spiritual Wellness; Key Terms

22. More than half of the decline in cardiovascular disease over the past five decades in the United States can be attributed to:

- a. better health care and alcohol control.
- b. healthier fast foods and stress management.
- c. higher levels of wellness and better treatment modalities.
- d. less accidents and obesity.
- e. technology and faster lifestyles.

ANS: C

PTS: 1

REF: Wellness, Fitness, and Longevity

23. The Harvard alumni study found that the largest decrease in cardiovascular deaths occurred for the individuals that used more than \_\_\_\_ calories per week in physical activity.

- a. 500
- b. 1,000
- c. 1,500
- d. 2,000
- e. 2,500

ANS: D

PTS: 1

REF: Wellness, Fitness, and Longevity

24. An Aerobics Research Institute (Dallas) study showed that the death rate for the least-fit group was \_\_\_\_ times higher than the most-fit group.

- a. 1–2
- b. 2–3
- c. 3–5
- d. 5–7
- e. 7–10

ANS: C

PTS: 1

REF: Wellness, Fitness, and Longevity

25. A study of 4,384 subjects in 2009 found the least-fit group to have a \_\_\_\_ times greater risk for all-cause and cardiovascular mortality than the most-fit group.

- a. 0.5
- b. 1.0
- c. 2.0
- d. 3.0

e. 4.0

ANS: E

PTS: 1

REF: Wellness, Fitness, and Longevity

26. A health-related physical fitness component is:

- a. agility.
- b. coordination.
- c. flexibility.
- d. reaction time.
- e. speed.

ANS: C

PTS: 1

REF: Types of Physical Fitness; Figure 1.12

27. A skill-related physical fitness component is:

- a. cardiorespiratory endurance.
- b. kinesthesia.
- c. muscular strength.
- d. power.
- e. proprioception.

ANS: D

PTS: 1

REF: Types of Physical Fitness; Figure 1.13

28. \_\_\_\_\_ diseases are those related to lack of physical activity.

- a. Hypokinetic
- b. Idle
- c. Leisure
- d. Lethargic
- e. Sedentary

ANS: A

PTS: 1

REF: Types of Physical Fitness; Key Terms

29. Health fitness standards are:

- a. based on increases in  $\text{VO}_2\text{max}$ .
- b. fitness values linked to disease prevention.
- c. higher than physical fitness standards.
- d. linked to premature mortality.
- e. only attained by engaging in vigorous physical activity.

ANS: B

PTS: 1

REF: Health Fitness Standards

30. Which is true regarding the high health care costs in the United States?

- a. 10% of the people account for 30% of the health care costs.
- b. 75% of the people use up about 97% of the health care dollars.
- c. 20% of health care dollars are spent on prevention.
- d. Major contributors are unhealthy behaviors that lead to obesity.
- e. Prevention programs are emphasized over state-of-the-art cures.

ANS: D

PTS: 1

REF: Economic Benefits

## SHORT ANSWER

1. How much moderate physical activity is recommended for weight loss by the U.S. Department of Health and Human Services and Department of Agriculture?

ANS:

Up to 60 minutes of moderate-to-vigorous intensity physical activity per day may be necessary to prevent weight gain, and 60–90 minutes of moderate-intensity physical activity daily is recommended to sustain weight loss for previously overweight people.

PTS: 1

REF: Physical Activity and Exercise Defined / Importance of Increased Physical Activity

2. Explain how the seven dimensions of wellness relate to each other.

ANS:

The enhancement or reduction in one dimension has a direct effect on the other dimensions. For example, reduced physical wellness in having the stomach flu results in emotional, mental, occupational, and social changes. On the other hand, becoming more emotionally confident is reflected in more “positive” physical posture. Spiritual wellness deepens the integration of the wellness dimensions and provides unity of purpose.

PTS: 1

REF: Wellness; The Seven Dimensions of Wellness

3. List five steps you personally take to live an environmentally conscious life.

ANS:

Suggestions from the text include: energy conservation (walk or ride, do not drive unless absolutely necessary, turn off lights and computers when not in use); do not litter and politely ask others not to do it either; recycle as much as possible (paper, glass, cans, plastics, cardboard); conserve paper; conserve water (take shorter showers, do not let the water run while brushing your teeth); do not pollute the air, water, or earth if you can avoid doing so; do not smoke; plant trees and keep plants and shrubs alive; evaluate purchases and conveniences based on their environmental impact; donate to Goodwill; and enjoy, appreciate, and spend time outdoors in natural settings.

PTS: 1

REF: Wellness / Environmental Wellness

4. Give three examples of how developing skill-related fitness could help an athlete become more successful.

ANS:

Responses will relate to the skill-related fitness components: agility, balance, coordination, power, reaction time, and speed.

PTS: 1

REF: Types of Physical Fitness

5. Identify five of the twelve lifestyle habits to significantly improve health and extend life and briefly explain why they are the most important habits to promote in your home or community.

ANS:

They are: participate in a lifetime physical activity program, do not smoke cigarettes, eat right, avoid snacking, maintain recommended body weight, get enough rest, lower your stress levels, be wary of alcohol, surround yourself with healthy friendships, be informed about the environment, increase education, and take personal safety measures.

PTS: 1

REF: Healthy Lifestyle Habits Behavior Modification Planning Box

## CRITICAL THINKING



1. The “big five” underlying causes of death are responsible for almost 1.5 million deaths each year in the United States. Name these behaviors and generally rate your status for each of them.

ANS:

The “big five” underlying causes are tobacco smoking, high blood pressure, overweight and obesity, physical inactivity, and high blood glucose. The ratings are based on personal lifestyle decisions.

PTS: 1

REF: Leading Health Problems in the United States

2. Identify a lifestyle behavior you have from each of the seven dimensions of wellness that has a direct effect on your physical health and well-being.

ANS:

Examples could include being physically active, practicing safe sex, avoiding harmful drugs, and seeking medical care as needed.

PTS: 1

REF: Wellness; The Seven Dimensions of Wellness

3. Explain why you think you exhibit more health-related fitness than skill-related fitness or more skill-related fitness than health-related fitness.

ANS:

Students will relate their personal experience with physical fitness. High levels of the skill-related fitness components of agility, balance, coordination, reaction time, speed, and power are important in athletics. However, disease risk is more directly related to the health-related fitness components of cardiorespiratory endurance, body composition, muscular flexibility, and muscular strength and endurance, so these are important to health and fitness exercisers.

PTS: 1

REF: Types of Physical Fitness

4. List any altruistic behaviors you currently have or you have had in the past. Relate whether your altruism affected (1) physical fitness, (2) health, or (3) wellness the most.

ANS:

Altruistic people perform regular volunteer work and provide services to others with nothing promised in return. Understanding the differences between physical fitness, health, and wellness is required to answer the second half of the question. Physical fitness is the ability to meet the ordinary, as well as the unusual demands of daily life, safely and effectively without being overly fatigued and still have energy left for leisure and recreational activities. Health promotion is the science and art of enabling people to increase control over their lifestyle to move toward a state of wellness. Wellness is the constant and deliberate effort to stay healthy and achieve the highest potential for well-being.

PTS: 1

REF: Wellness / Spiritual Wellness; Types of Physical Fitness; Fitness Standards: Health versus Physical Fitness; Financial Fitness Prescription Behavior Modification Planning Box

5. Identify how your current or past employer promoted physical wellness among the employees. Then explain why you think physical wellness was promoted in that way.

ANS:

Physically well employees have reduced health care costs, are absent from work less often, have higher morale, and have higher productivity.

PTS: 1

REF: Wellness / Occupational Wellness; Economic Benefits