

## Chapter 01

1. The greatest threat to public health in the United States today is physical inactivity.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 1.1 Lifestyle, Health, and Quality of Life

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG. 13.1.1 - Understand the importance of lifetime fitness and wellness.

*KEYWORDS:* Bloom's: Remember

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2. Almost 80 percent of deaths from cardiovascular disease and cancer could be prevented by lifestyle changes.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* 1.1 Lifestyle, Health, and Quality of Life

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.1 - Understand the importance of lifetime fitness and wellness.

*KEYWORDS:* Bloom's: Remember

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3. When people believe they have control over events in their lives, they are said to have an external locus of control.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 1.9 Behavior Modification

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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4. During the contemplation stage, people acknowledge they have a problem and begin to think seriously about overcoming it.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* 1.9 Behavior Modification

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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5. Restructuring one's physical surroundings to avoid problem behaviors and decrease temptations is called countering.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 1.10 The Process of Change

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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6. Goals set by a coach or mentor are more motivational than goals you set for yourself.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 1.11 SMART Goals

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.6 - Learn to write SMART goals to aid with the process of change.

*KEYWORDS:* Bloom's: Remember

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7. Moderate physical activity is defined as any activity that requires an energy expenditure of 1,000 calories per week.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* 1.3 Physical Activity Affects Health and Quality of Life

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.2 - Learn the recommended guidelines for weekly physical activity.

*KEYWORDS:* Bloom's: Remember

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8. Skill-related fitness has four components: cardiorespiratory endurance, muscular fitness, muscular flexibility, and body composition.
- a. True
  - b. False

*ANSWER:* False

*POINTS:* 1

*REFERENCES:* 1.6 Types of Physical Fitness

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.3 - Define physical fitness and list components of health-related and skill-related fitness.

*KEYWORDS:* Bloom's: Understand

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9. Vigorous activity of longer duration is most clearly associated with better health and longer life.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* 1.5 Benefits of Physical Fitness

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.2 - Learn the recommended guidelines for weekly physical activity.

*KEYWORDS:* Bloom's: Remember

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10. The part of the brain where habits are formed is activated by events that are rewarding, exciting, unexpected, and intense as well as by cues from the environment associated with those events.
- a. True
  - b. False

*ANSWER:* True

*POINTS:* 1

*REFERENCES:* 1.9 Behavior Modification

*QUESTION TYPE:* True / False

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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11. Which of the following is the leading cause of preventable deaths in the United States?

- a. Physical inactivity
- b. Malnutrition
- c. Cardiovascular disease
- d. Drunk driving
- e. Tobacco use

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 1.1 Lifestyle, Health, and Quality of Life

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.1 - Understand the importance of lifetime fitness and wellness.

*KEYWORDS:* Bloom's: Remember

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12. Which term refers to the epidemic of physical inactivity in the United States?

- a. Inactive Death Syndrome
- b. Physical Activity Syndrome
- c. Secondary Condition Syndrome
- d. Sedentary Death Syndrome
- e. Preventable Death Syndrome

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 1.1 Lifestyle, Health, and Quality of Life

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.1 - Understand the importance of lifetime fitness and wellness.

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13. A recent report by the Organisation for Economic Cooperation and Development (OECD) found that the United States outspends every other country in health-care costs but has the highest rates of \_\_\_\_ among all 34 OECD countries.
- a. heart disease
  - b. diabetes
  - c. cancer
  - d. obesity
  - e. malnutrition

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 1.2 Life Expectancy

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.1 - Understand the importance of lifetime fitness and wellness.

*KEYWORDS:* Bloom's: Remember

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14. Which of the following is a risk factor for early death?
- a. Nonexercise activity thermogenesis
  - b. Regular exercise
  - c. Positive outlook
  - d. Eating mainly fatty and processed foods
  - e. Stopping smoking

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 1.7 Wellness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.4 - Understand the benefits of a comprehensive fitness and wellness program.

*KEYWORDS:* Bloom's: Remember

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15. What is the leading cause of death in the United States?

- a. Cancer
- b. Cardiovascular disease
- c. Chronic lower respiratory disease
- d. Accidents
- e. Diabetes

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 1.1 Lifestyle, Health, and Quality of Life

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.1 - Understand the importance of lifetime fitness and wellness.

*KEYWORDS:* Bloom's: Remember

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16. The part of the brain where habits are formed is activated by pleasurable, rewarding events. What does it do after it memorizes these events?

- a. It causes the individual pain when those events are suggested.
- b. It prevents the individual from being able to reason.
- c. It makes it easier for the individual to exert self-control.
- d. It alerts the rest of the brain that those events are dangerous.
- e. It helps the individual to seek opportunities to experience those events in the future.

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 1.9 Behavior Modification

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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17. People with an internal locus of control \_\_\_\_.
- a. are at greater risk for illness
  - b. are more likely to be unhealthy
  - c. have an easier time adhering to a wellness program
  - d. believe that most events in life are determined by genetics
  - e. often have difficulty getting out of the precontemplation or contemplation stages

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 1.9 Behavior Modification

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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18. Which of the following is NOT one of the five stages of the transtheoretical model for changing behavior?
- a. Contemplation
  - b. Preparation
  - c. Maintenance
  - d. Action
  - e. Success

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 1.9 Behavior Modification

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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19. Exercise is a type of physical activity that requires \_\_\_\_.
- a. an energy expenditure of 150 calories
  - b. planned, structured, and repetitive bodily movement to improve or maintain one or more components of physical fitness
  - c. rapid breathing and a substantial increase in heart rate
  - d. the expenditure of energy and produces progressive health benefits
  - e. 30 minutes of activity

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 1.3 Physical Activity Affects Health and Quality of Life

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.1 - Understand the importance of lifetime fitness and wellness.

*KEYWORDS:* Bloom's: Remember

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20. John does not believe he will get lung cancer from smoking cigarettes; therefore, he does not intend to quit smoking. John is in the \_\_\_\_ stage of the transtheoretical model of change.
- a. precontemplation
  - b. contemplation
  - c. preparation
  - d. maintenance
  - e. success

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* 1.9 Behavior Modification

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Apply

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21. What is the name for the process used to permanently change negative behaviors in favor of positive behaviors that will lead to better health and well-being?
- a. Wellness
  - b. Fitness
  - c. Discipline
  - d. Behavior modification
  - e. Lifestyle

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 1.7 Wellness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.4 - Understand the benefits of a comprehensive fitness and wellness program.

*KEYWORDS:* Bloom's: Remember

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22. Jose has been exercising regularly and eating a balanced diet for over ten years. At what stage is he in the transtheoretical model of change?
- a. Cessation
  - b. Action
  - c. Maintenance
  - d. Adoption
  - e. Relapse

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 1.9 Behavior Modification

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Apply

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23. What is mindfulness?

- a. The act of determining the nature of the behavior to be changed
- b. The act of being aware of thoughts and choices
- c. The decision to make a change
- d. The recognition of a people's responsibility for their actions
- e. The continuous monitoring of one's behavior

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 1.10 The Process of Change

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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24. Which process of change involves obtaining information about a problem behavior so you can make better decisions about what to do?

- a. Social liberation
- b. Emotional arousal
- c. Consciousness-raising
- d. Self-analysis
- e. Monitoring

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 1.10 The Process of Change

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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25. Rhea tracks her daily food consumption and identifies the sources of excessive calories from fat in her diet. In what type of behavior modification activity is she engaged?
- a. Commitment
  - b. Willpower
  - c. Countering
  - d. Environment control
  - e. Monitoring

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 1.10 The Process of Change

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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26. What are SMART goals?
- a. Goals that are simple, minute, actionable, right, and true
  - b. Goals that are specific, motivating, acceptable, realistic, and transtheoretical
  - c. Goals that are simple, mindful, attainable, rewarding, and tested
  - d. Goals that are strong, measurable, aggressive, realistic, and time specific
  - e. Goals that are specific, measurable, acceptable, realistic, and time specific

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 1.16 SMART Goals

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.6 - Learn to write SMART goals to aid with the process of change.

*KEYWORDS:* Bloom's: Remember

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27. What is the function of the executive part of the brain?
- a. It forms habits and memorizes pleasurable events.
  - b. It helps us to seek opportunities for pleasure.
  - c. It promotes awareness of ingrained behaviors.
  - d. It reminds us of who we are and of the long-term goals we've created.
  - e. It generates emotions and memories from experiences.

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 1.11 Your Brain and Your Habits

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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28. Goals that are \_\_\_\_ set you up for failure, discouragement, and loss of interest.
- a. challenging
  - b. time specific
  - c. unattainable
  - d. measurable
  - e. unrewarding

*ANSWER:* c

*POINTS:* 1

*REFERENCES:* 1.16 SMART Goals

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.6 - Learn to write SMART goals to aid with the process of change.

*KEYWORDS:* Bloom's: Remember

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29. If your goal is unreachable, despite your full commitment and best effort, you should \_\_\_\_.
- a. consult a professional
  - b. start over after a few days of rest
  - c. set lower standards
  - d. still try to reach the goal no matter how long it takes
  - e. reassess the goal

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 1.16 SMART Goals

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.6 - Learn to write SMART goals to aid with the process of change.

*KEYWORDS:* Bloom's: Remember

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30. The Harvard alumni study showed a consistent inverse relationship between \_\_\_\_.
- a. skill-related fitness and accidental deaths
  - b. smoking and diabetes
  - c. vegetarian diet and cardiovascular health
  - d. physical fitness and mortality
  - e. iron supplements and Alzheimer's disease

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 1.5 Benefits of Physical Fitness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.2 - Learn the recommended guidelines for weekly physical activity.

*KEYWORDS:* Bloom's: Remember

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31. What governs people's behavior so that they look to conduct themselves in a particular manner that aligns with their beliefs and what is important to them?
- a. Values
  - b. Actions
  - c. Motivation
  - d. Goals
  - e. Education

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* 1.10 Values and Behavior

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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32. What is the current life expectancy in the United States?
- a. 69 years
  - b. 72 years
  - c. 78.9 years
  - d. 79.8 years
  - e. 81.1 years

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 1.2 Life Expectancy

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.1 - Understand the importance of lifetime fitness and wellness.

*KEYWORDS:* Bloom's: Remember

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33. What is the ability to change body position and direction quickly and efficiently?

- a. Muscular endurance
- b. Reaction time
- c. Muscular flexibility
- d. Agility
- e. Balance

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 1.6 Types of Physical Fitness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.3 - Define physical fitness and list components of health-related and skill-related fitness.

*KEYWORDS:* Bloom's: Remember

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34. According to the U.S. Department of Health and Human Services, what is the recommended amount of physical activity an adult between the ages of 18 and 64 should engage in per week?

- a. 90 minutes of moderate-intensity aerobic physical activity
- b. 150 minutes of moderate-intensity aerobic physical activity
- c. 15 minutes of vigorous-intensity aerobic physical activity
- d. 60 minutes of vigorous-intensity aerobic physical activity
- e. 150 minutes of low-intensity aerobic physical activity

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 1.4 Federal Guidelines for Physical Activity

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.2 - Learn the recommended guidelines for weekly physical activity.

*KEYWORDS:* Bloom's: Remember

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35. What does a “yes” answer on any question on the Physical Activity Readiness Questionnaire signal?
- a. You might need a physician's approval before you can participate in an exercise program.
  - b. You definitely should not engage in an exercise program.
  - c. You are ready to begin your exercise program.
  - d. You should begin an exercise program only after dieting and losing some weight.
  - e. You do not need to assess your current level of fitness before starting an exercise program.

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* 1.17 A Word of Caution Before You Start Exercise

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.7 - Determine whether medical clearance is required for safe participation in exercise.

*KEYWORDS:* Bloom's: Remember

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36. What is the process whereby a person substitutes healthy behaviors for a problem behavior?
- a. Commitment
  - b. Environmental control
  - c. Mindfulness
  - d. Monitoring
  - e. Countering

*ANSWER:* e

*POINTS:* 1

*REFERENCES:* 1.15 The Process of Change

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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37. Energy expended doing everyday activities other than exercise is referred to as \_\_\_\_.

- a. basal metabolic rate
- b. nonexercise activity thermogenesis
- c. physical activity
- d. low-intensity aerobic physical activity
- e. physical fitness

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 1.3 Physical Activity Affects Health and Quality of Life

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.1 - Understand the importance of lifetime fitness and wellness.

*KEYWORDS:* Bloom's: Remember

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38. What is the ability of the heart, lungs, and blood vessels to supply oxygen to the cells to meet the demands of prolonged physical activity?

- a. Cardiorespiratory endurance
- b. Speed
- c. Coordination
- d. Power
- e. Muscular fitness

*ANSWER:* a

*POINTS:* 1

*REFERENCES:* 1.6 Types of Physical Fitness

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.3 - Define physical fitness and list components of health-related and skill-related fitness.

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39. How much physical activity should children and adolescents should do every day?

- a. At least 20 minutes
- b. At least 30 minutes
- c. At least 45 minutes
- d. At least 1 hour
- e. At least 90 minutes

*ANSWER:* d

*POINTS:* 1

*REFERENCES:* 1.4 Federal Guidelines for Physical Activity

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.2 - Learn the recommended guidelines for weekly physical activity.

*KEYWORDS:* Bloom's: Remember

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40. Adults should do muscle-strengthening activities that involve all major muscle groups \_\_\_\_ days a week.

- a. 1
- b. 2
- c. 3
- d. 4
- e. 7

*ANSWER:* b

*POINTS:* 1

*REFERENCES:* 1.4 Federal Guidelines for Physical Activity

*QUESTION TYPE:* Multiple Choice

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.2 - Learn the recommended guidelines for weekly physical activity.

*KEYWORDS:* Bloom's: Remember

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*Select the key term most associated with the description below. Each term is used only once.*

- a. action stage
- b. risk factors
- c. contemplation stage

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- d. locus of control
- e. maintenance stage
- f. wellness
- g. precontemplation stage
- h. preparation stage
- i. affect
- j. termination/adoption stage

*REFERENCES:* 1.9 Behavior Modification

*QUESTION TYPE:* Matching

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.5 - Learn motivational and behavior modification techniques to enhance compliance with a healthy lifestyle program.

*KEYWORDS:* Bloom's: Remember

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41. the constant and deliberate effort to stay healthy and achieve the highest potential for well-being

*ANSWER:* f

*POINTS:* 1

42. characteristics that predict the chances for developing a certain disease

*ANSWER:* b

*POINTS:* 1

43. stage of change in which people maintain behavioral change for up to 5 years

*ANSWER:* e

*POINTS:* 1

44. immediate associations and feelings, either positive or negative, that influence choices

*ANSWER:* i

*POINTS:* 1

45. stage of change in which people are considering changing behavior in the next 6 months

*ANSWER:* c

*POINTS:* 1

46. stage of change in which people are actively changing a negative behavior or adopting a new, healthy behavior

*ANSWER:* a

*POINTS:* 1

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47. stage of change in which people are unwilling to change their behavior

*ANSWER:* g

*POINTS:* 1

48. the extent to which a person believes he or she can influence the external environment

*ANSWER:* d

*POINTS:* 1

49. stage of change in which people have eliminated an undesirable behavior or maintained a positive behavior for more than 5 years

*ANSWER:* j

*POINTS:* 1

50. stage of change in which people are getting ready to make a change within the coming month

*ANSWER:* h

*POINTS:* 1

51. Discuss the physical activity guidelines for adolescents.

*ANSWER:* Adolescents should do 1 hour (60 minutes) or more of physical activity every day. Most of the 1 hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity. As part of their daily physical activity, adolescents should do vigorous-intensity activities at least three days per week. They should also do muscle-strengthening and bone-strengthening activities at least 3 days per week.

*POINTS:* 1

*REFERENCES:* 1.4 Federal Guidelines for Physical Activity

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.2 - Learn the recommended guidelines for weekly physical activity.

*KEYWORDS:* Bloom's: Remember

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52. Discuss the physical activity guidelines for pregnant women.

*ANSWER:* Healthy women not already doing vigorous-intensity physical activity should get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity a week. Preferably, this activity should be spread throughout the week. Pregnant women who regularly engage in vigorous-intensity aerobic activity or a high amount of activity can continue their activity provided that their condition remains unchanged and they talk to their health-care provider about their activity level throughout their pregnancy.

*POINTS:* 1

*REFERENCES:* 1.4 Federal Guidelines for Physical Activity

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.2 - Learn the recommended guidelines for weekly physical activity.

*KEYWORDS:* Bloom's: Remember

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53. List and describe the motor-skill-related components of physical fitness.

*ANSWER:* Agility: the ability to change body position and direction quickly and efficiently.  
Balance: the ability to maintain the body in equilibrium  
Coordination: integration of the nervous system and muscular system to produce correct, graceful, and harmonious body movements  
Power: the ability to produce maximum force in the shortest time  
Reaction time: the time required to initiate a response to a given stimulus  
Speed: the ability to propel the body or part of the body from one point to another

*POINTS:* 1

*REFERENCES:* 1.6 Types of Physical Fitness

*QUESTION TYPE:* Subjective Short Answer

*HAS VARIABLES:* False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.3 - Define physical fitness and list components of health-related and skill-related fitness.

*KEYWORDS:* Bloom's: Remember

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54. What are some acute benefits of exercise?

*ANSWER:*

A single exercise session can bring a number of benefits. Some of these benefits include the following and can last up to 72 hours following the workout:

- increased heart rate, stroke volume, cardiac output, pulmonary ventilation, and oxygen uptake
- strengthening of the heart, lungs, and muscles
- enhanced metabolic rate or energy production (burning calories for fuel) during exercise and recovery; for every 100 calories burned during exercise, another 15 will be burned during recovery
- use of blood glucose and muscle glycogen
- improved insulin sensitivity (decreasing type 2 diabetes risk)
- immediate enhancement of the body's ability to burn fat
- lowered blood lipids
- improved joint flexibility
- reduced low-grade (hidden) inflammation
- increased endorphins (hormones), naturally occurring opioids responsible for exercise-induced euphoria
- increased fat storage in muscle, which can then be burned for energy
- improved endothelial function (endothelial cells line the entire vascular system, providing a barrier between the vessel lumen and surrounding tissue; endothelial dysfunction contributes to several disease processes, including tissue inflammation and subsequent atherosclerosis)
- enhanced mood and feelings of self-worth
- sense of achievement and satisfaction
- decreased blood pressure the first few hours following exercise
- decreased arthritic pain
- muscle relaxation
- decreased stress
- improved brain function
- better sleep (unless exercise is performed too close to bedtime)
- improved digestion
- boost in energy levels
- improved resistance to infections

*POINTS:*

1

*REFERENCES:*

1.5 Benefits of Physical Fitness

*QUESTION TYPE:*

Objective Short Answer

*HAS VARIABLES:*

False

*LEARNING OBJECTIVES:*

FITW.HOEG.13.1.2 - Learn the recommended guidelines for weekly physical activity.

*KEYWORDS:*

Bloom's: Remember

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## Chapter 01

55. Explain how to write SMART goals.

*ANSWER:*

1. Specific. When writing goals, state in a positive manner exactly what you would like to accomplish. Be sure to write down your goals. An unwritten goal is simply a wish. A written goal, in essence, becomes a contract with yourself. Show this goal to a friend or an instructor and have him or her witness the contract you made with yourself by signing alongside your signature. After you have identified and written down a specific goal, write the specific actions that will help you reach that goal.
2. Measurable. Whenever possible, goals and actions should be measurable.
3. Acceptable. Goals that you set for yourself are more motivational than goals that someone else sets for you. As you set an acceptable goal, ask yourself: Do I have the time, commitment, and necessary skills to accomplish this goal? If not, you need to restate your goal so that it is acceptable to you.
4. Realistic. Goals should be within reach. Unattainable goals only set you up for failure, discouragement, and loss of interest. On the other hand, do not write goals that are too easy to achieve and that do not challenge you. If a goal is too easy, you might lose interest and stop working toward it.
5. Time-specific. A goal always should have a specific date set for completion. The chosen date should be realistic but not too distant in the future. Allow yourself enough time to achieve the goal, but not too much time, because this could affect your performance. With a deadline, a task is much easier to work toward.

*POINTS:*

1

*REFERENCES:*

1.16 SMART Goals

*QUESTION TYPE:*

Objective Short Answer

*HAS VARIABLES:*

False

*LEARNING OBJECTIVES:* FITW.HOEG.13.1.6 - Learn to write SMART goals to aid with the process of change.

*KEYWORDS:*

Bloom's: Remember

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