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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. Physical inactivity is the No. 1 threat to public health in the United States.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2. Women are more likely than men to visit a physician when they suspect something is wrong.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 3. The leading causes of death in the United States today are largely genetics-related.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 4. Regular physical activity has been shown to improve mood, cognitive function, creativity, and short-term memory.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5. Moderate physical activity has been defined as any activity that requires an energy expenditure of 1,500 calories per week.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 6. Most people think far enough ahead to change unhealthy behaviors before they incur a major health problem.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | False | |

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| 7. Physical wellness entails confidence and optimism about one’s ability to protect physical health and take care of health problems.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 8. The main emphasis of physical fitness programs should be on the health-related components of fitness.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9. A metabolic profile includes measures of insulin sensitivity, glucose tolerance, and cholesterol levels.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 10. People who spend most of their day sitting have as much as a 50 percent greater risk of dying prematurely from all causes.   |  |  |  | | --- | --- | --- | |  | a. | True | |  | b. | False |  |  |  | | --- | --- | | *ANSWER:* | True | |

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| 11. The leading cause of preventable deaths in the United States is \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | physical inactivity | |  | b. | tobacco use | |  | c. | alcohol abuse | |  | d. | substance abuse | |  | e. | diabetes |  |  |  | | --- | --- | | *ANSWER:* | b | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 12. Which term refers to an epidemic of physical inactivity in the United States?   |  |  |  | | --- | --- | --- | |  | a. | Inactive Death Syndrome | |  | b. | Physical Death Syndrome | |  | c. | Secondary Death Syndrome | |  | d. | Sedentary Death Syndrome | |  | e. | Preventable Death Syndrome |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 13. A recent report by the Organization for Economic Cooperation and Development found that the United States had the highest rates of \_\_\_\_ among all 34 OECD countries.   |  |  |  | | --- | --- | --- | |  | a. | heart disease | |  | b. | diabetes | |  | c. | cancer | |  | d. | obesity | |  | e. | malnutrition |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 14. Which wellness dimension implies that you can apply the things you have learned, create opportunities to learn more, and engage your mind in lively interaction with the world around you?   |  |  |  | | --- | --- | --- | |  | a. | Emotional wellness | |  | b. | Social wellness | |  | c. | Occupational wellness | |  | d. | Mental wellness | |  | e. | Environmental wellness |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 15. The most prevalent degenerative diseases in the United States are those of the \_\_\_\_ system.   |  |  |  | | --- | --- | --- | |  | a. | lymphatic | |  | b. | cardiovascular | |  | c. | musculoskeletal | |  | d. | endocrine | |  | e. | circulatory |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 16. Chronic obstructive pulmonary disease, emphysema, and chronic bronchitis are diseases of the \_\_\_\_ system.   |  |  |  | | --- | --- | --- | |  | a. | circulatory | |  | b. | cardiovascular | |  | c. | endocrine | |  | d. | lymphatic | |  | e. | respiratory |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 17. The leading cause of fatal automobile accidents in the United States is \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | alcohol intoxication | |  | b. | over-medication | |  | c. | inattention | |  | d. | poor driving skills | |  | e. | road rage |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 18. Which device senses gravity and changes in movement, and thus can be used to track activity?   |  |  |  | | --- | --- | --- | |  | a. | Sphygmomanometer | |  | b. | Barometer | |  | c. | Gravity manometer | |  | d. | Aneroid manometer | |  | e. | Accelerometer |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 19. Exercise is a subset of physical activity that is \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | anaerobic and accumulative | |  | b. | planned, structured, and repetitive | |  | c. | unstructured and intense | |  | d. | random, non-repetitive, and vigorous | |  | e. | brisk, timed, and challenging |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 20. In order to help the public better appreciate the true benefits of exercise the ACSM and AMA have launched this program that calls on all physicians to assess and review every patient’s physical activity program at every visit:   |  |  |  | | --- | --- | --- | |  | a. | *Exercise is Essential Program* | |  | b. | *Exercise is Medicine Program* | |  | c. | *Exercise as Prescription Program* | |  | d. | *Surgeon General Prescription Plan* | |  | e. | *National Physical Activity Plan* |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 21. Which concept embraces a constant and deliberate effort to stay healthy and achieve the highest potential for well-being?   |  |  |  | | --- | --- | --- | |  | a. | Wellness | |  | b. | Fitness | |  | c. | Discipline | |  | d. | Behavior modification | |  | e. | Exercise |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 22. A15-minute-mile walk comprises approximately \_\_\_\_\_\_ steps.   |  |  |  | | --- | --- | --- | |  | a. | 1,000 steps | |  | b. | 1,300 steps | |  | c. | 1,500 steps | |  | d. | 1,700 steps | |  | e. | 1,900 steps |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 23. The general recommendation for adults is \_\_\_\_ steps per day.   |  |  |  | | --- | --- | --- | |  | a. | 25,000 | |  | b. | 20,000 | |  | c. | 15,000 | |  | d. | 10,000 | |  | e. | 5,000 |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 24. As described by your text, \_\_\_\_ is a long-term state of mind that permeates the various facets of life and influences a person’s outlook.   |  |  |  | | --- | --- | --- | |  | a. | stability | |  | b. | wellness | |  | c. | altruism | |  | d. | determination | |  | e. | happiness |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 25. Today’s biggest health challenge is teaching people how to take control of their \_\_\_\_ and adhere to a positive lifestyle.   |  |  |  | | --- | --- | --- | |  | a. | physical fitness programs | |  | b. | interpersonal skills | |  | c. | moods and attitudes | |  | d. | personal health habits | |  | e. | work and play environments |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 26. After reviewing the results from 19 different studies of children to young adults, researchers found that students who had 20 minutes of exercise immediately preceding a test or giving a speech had \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_than those who did not exercise.   |  |  |  | | --- | --- | --- | |  | a. | higher athletic performance and less stress | |  | b. | higher academic performance and better focus | |  | c. | lower academic performance and better focus | |  | d. | higher levels of achievement and better ability to speak | |  | e. | lower stress levels and equal academic performance |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 27. Which wellness dimension is most commonly associated with being healthy?   |  |  |  | | --- | --- | --- | |  | a. | Emotional | |  | b. | Mental | |  | c. | Physical | |  | d. | Spiritual | |  | e. | Environmental |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 28. John recycles and uses public transportation most of the time. He demonstrates a high level of \_\_\_\_ wellness.   |  |  |  | | --- | --- | --- | |  | a. | environmental | |  | b. | occupational | |  | c. | social | |  | d. | physical | |  | e. | mental |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 29. Jane believes that she has an ideal job that is both challenging and rewarding. She is enjoying a high level of \_\_\_\_ wellness.   |  |  |  | | --- | --- | --- | |  | a. | environmental | |  | b. | occupational | |  | c. | social | |  | d. | physical | |  | e. | mental |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 30. When physical activity is combined with other healthy lifestyle factors, it becomes clear that individual lifestyle choice is the strongest predictor of \_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | happiness | |  | b. | longevity | |  | c. | satisfaction | |  | d. | success | |  | e. | intelligence |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 31. Which type of physical fitness relates to the ability to perform activities of daily living without undue fatigue?   |  |  |  | | --- | --- | --- | |  | a. | Health-related | |  | b. | Moderate | |  | c. | Skill-related | |  | d. | Metabolic | |  | e. | Hypokinetic |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 32. Your text identifies the greatest benefit of participating in a regular fitness and wellness program as \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | living a longer life | |  | b. | making friends for life | |  | c. | making life into a game you can win | |  | d. | reducing the amount of time spent at work | |  | e. | enjoying a better quality of life |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 33. Incidence of \_\_\_\_\_\_\_\_\_climbed dramatically in parallel step with the increased incidence of obesity.   |  |  |  | | --- | --- | --- | |  | a. | mental disorders | |  | b. | addiction to drugs | |  | c. | addiction to alcohol | |  | d. | physical inactivity | |  | e. | diabetes |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 34. Even though Larry could stand to lose a few pounds and step up his aerobic activity, he maintains \_\_\_\_ fitness with an active lifestyle and moderate-intensity physical activity.   |  |  |  | | --- | --- | --- | |  | a. | metabolic | |  | b. | muscular | |  | c. | standard | |  | d. | musculoskeletal | |  | e. | modified |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 35. Studies have shown a large drop in all-cause, cardiovascular, and cancer mortality when individuals went from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | moderate fitness to high fitness. | |  | b. | low fitness to moderate fitness. | |  | c. | high fitness to moderate fitness. | |  | d. | high fitness to low fitness. | |  | e. | low fitness to high fitness. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 36. The health fitness standards proposed in your text are based on data linking \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | minimum fitness values to disease prevention and health | |  | b. | maximum fitness values to disease prevention and health | |  | c. | minimum fitness values to work time and leisure time | |  | d. | maximum fitness values to discipline and mental acuity | |  | e. | potential fitness values to personal and professional goals |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 37. The federal guidelines recommend adults do muscle-strengthening activities that involve all major muscle groups on \_\_\_\_\_\_\_\_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | one day per week. | |  | b. | two or more days per week. | |  | c. | two days per month. | |  | d. | every day each week. | |  | e. | four days per month. |  |  |  | | --- | --- | | *ANSWER:* | b | |

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| 38. With regard to brain function, regular physical activity is the most important lifestyle change a person can make to prevent \_\_\_\_ later in life.   |  |  |  | | --- | --- | --- | |  | a. | dementia and Alzheimer’s | |  | b. | depression | |  | c. | loss of appetite | |  | d. | blindness or deafness | |  | e. | loss of motor skills |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 39. Achieving VO2max values of 35 and 32.5 mL/kg/min for men and women, respectively, could be selected as \_\_\_\_ standards.   |  |  |  | | --- | --- | --- | |  | a. | health fitness | |  | b. | physical fitness | |  | c. | metabolic profile | |  | d. | skill-related fitness | |  | e. | physical wellness |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 40. One consequence of a steadily decreasing need for physical exertion in Western countries during the last century is that \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | health care expenditures increased dramatically | |  | b. | health care decisions became more rational | |  | c. | health care expenditures decreased dramatically | |  | d. | health care spending prioritized prevention | |  | e. | health care spending de-emphasized treatment strategies |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 41. For what reason did cardiovascular mortality rates drop during the second half of the 20th century?   |  |  |  | | --- | --- | --- | |  | a. | Less emphasis on treatment strategies | |  | b. | More participation in managed health care plans | |  | c. | More effective use of diuretic drugs | |  | d. | More participation in wellness programs | |  | e. | More use of preventive health care techniques |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 42. Low levels of \_\_\_\_ have been linked to depression, and exercise has repeatedly been shown to be effective in treating depression.   |  |  |  | | --- | --- | --- | |  | a. | serotonin | |  | b. | insulin | |  | c. | dopamine | |  | d. | glutamate | |  | e. | norepinephrine |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 43. Joe was monitoring his blood pressure and noticed a 12-point difference in his left arm compared to his right arm. What is the best advice for Joe considering this experience?   |  |  |  | | --- | --- | --- | |  | a. | Joe should follow up with a physician. | |  | b. | Joe should only take blood pressure readings on his right arm. | |  | c. | Joe should call 911 immediately. | |  | d. | Joe should disregard the discrepancy. | |  | e. | Joe should buy a new blood pressure cuff. |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 44. Your text says that, on average, people spend about 8 hours per day or more of their waking time \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | reclining | |  | b. | slumping | |  | c. | walking | |  | d. | standing | |  | e. | sitting |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| 45. Smoking, sitting too long, drinking too much alcohol, and eating too many foods high in saturated and trans fats are examples of \_\_\_\_ that offset the wellness benefits of fitness programs.   |  |  |  | | --- | --- | --- | |  | a. | health barriers | |  | b. | daily impediments | |  | c. | reality checks | |  | d. | risk factors | |  | e. | peer pressure |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 46. The reaction of the cardiovascular system to higher levels of physical activity \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | can be reasonably predicted by a fitness instructor | |  | b. | is fairly predictable | |  | c. | cannot be totally predicted | |  | d. | can be reasonably predicted by a doctor | |  | e. | is less a risk than generally perceived |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 47. You can determine your heart rate by counting your pulse either on the wrist over the radial artery or over the \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | carotid artery over the heart | |  | b. | radial artery on the temple | |  | c. | carotid artery in the neck | |  | d. | radial arteries in the feet | |  | e. | carotid artery in the spine |  |  |  | | --- | --- | | *ANSWER:* | c | |

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| 48. Your pulse should have a(n) \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | peak-and-valley rhythm | |  | b. | steadily slowing pace | |  | c. | steadily rising pace | |  | d. | consistent (regular) rhythm | |  | e. | irregular beat every minute |  |  |  | | --- | --- | | *ANSWER:* | d | |

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| 49. An optimal time to assess resting heart rate would be after you have \_\_\_\_.   |  |  |  | | --- | --- | --- | |  | a. | read in bed quietly for about half an hour | |  | b. | exercised vigorously for about half an hour | |  | c. | watched an action movie for about half an hour | |  | d. | walked at a moderate pace for no longer than half an hour | |  | e. | performed flexibility exercises for about half an hour |  |  |  | | --- | --- | | *ANSWER:* | a | |

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| 50. Most highly trained athletes have a resting heart rate around \_\_\_\_ beats per minute.   |  |  |  | | --- | --- | --- | |  | a. | 60 | |  | b. | 55 | |  | c. | 50 | |  | d. | 45 | |  | e. | 40 |  |  |  | | --- | --- | | *ANSWER:* | e | |

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| *For question 51, select the key term that is most associated with the description given below. Each term is used only once.*   |  |  | | --- | --- | | a. | bradycardia | | b. | ecyosystem | | c. | morbidity | | d. | diastole | | e. | sedentary | | f. | NEAT | | g. | hypokinetic | | h. | cardiorespiratory endurance | | i. | systole | | j. | altruism | |

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| 51.  Characterized by a lot of sitting   |  |  | | --- | --- | | *ANSWER:* | e | |

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| *For question 52, select the key term that is most associated with the description given below. Each term is used only once.*   |  |  | | --- | --- | | a. | bradycardia | | b. | ecosystem | | c. | morbidity | | d. | diastole | | e. | sedentary | | f. | NEAT | | g. | hypokinetic | | h. | cardiorespiratory endurance | | i. | systole | | j. | altruism | |

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| 52.  Condition related to or caused by illness or disease   |  |  | | --- | --- | | *ANSWER:* | c | |

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| *For question 53, select the key term that is most associated with the description given below. Each term is used only once.*   |  |  | | --- | --- | | a. | bradycardia | | b. | ecosystem | | c. | morbidity | | d. | diastole | | e. | sedentary | | f. | NEAT | | g. | hypokinetic | | h. | cardiorespiratory endurance | | i. | systole | | j. | altruism | |

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| 53.  Non-exercise expenditure of energy   |  |  | | --- | --- | | *ANSWER:* | f | |

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| *For questions 54 and 55, select the key term that is most associated with the description given below. Each term is used only once.*   |  |  | | --- | --- | | a. | bradycardia | | b. | ecosystem | | c. | morbidity | | d. | diastole | | e. | sedentary | | f. | NEAT | | g. | hypokinetic | | h. | cardiorespiratory endurance | | i. | systole | | j. | altruism | |

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| 54.  Unselfish concern for the welfare of others   |  |  | | --- | --- | | *ANSWER:* | j | |

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| 55.  Interacting community of organisms   |  |  | | --- | --- | | *ANSWER:* | b | |

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| *For questions 56 and 57, select the key term that is most associated with the description given below. Each term is used only once.*   |  |  | | --- | --- | | a. | bradycardia | | b. | ecosystem | | c. | morbidity | | d. | diastole | | e. | sedentary | | f. | NEAT | | g. | hypokinetic | | h. | cardiorespiratory endurance | | i. | systole | | j. | altruism | |

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| 56.  Measured as the maximum amount of oxygen the body can utilize   |  |  | | --- | --- | | *ANSWER:* | h | |

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| 57.  Related to lack of physical activity   |  |  | | --- | --- | | *ANSWER:* | g | |

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| *For questions 58 to 60, select the key term that is most associated with the description given below. Each term is used only once.*   |  |  | | --- | --- | | a. | bradycardia | | b. | ecosystem | | c. | morbidity | | d. | diastole | | e. | sedentary | | f. | NEAT | | g. | hypokinetic | | h. | cardiorespiratory endurance | | i. | systole | | j. | altruism | |

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| 58.  Slower than normal heart rate   |  |  | | --- | --- | | *ANSWER:* | a | |

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| 59.  Contraction of the heart   |  |  | | --- | --- | | *ANSWER:* | i | |

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| 60.  Relaxation of the heart   |  |  | | --- | --- | | *ANSWER:* | d | |

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| 61. Compare and contrast health fitness standards and physical fitness standards.   |  |  | | --- | --- | | *ANSWER:* | Health fitness standards are based on data linking minimum fitness values to disease prevention and health. Attaining health fitness standards requires only moderate physical activity. Although fitness improvements are not as notable in a moderate-intensity exercise program, health improvements are quite striking. These benefits include reduction in blood lipids, lower blood pressure, weight loss, stress release, less risk for diabetes, and lower risk for disease and premature mortality.  1 Physical fitness standards are set higher than health fitness standards and require a more intense exercise program. Physically fit people of all ages have the freedom to enjoy most of life's daily and recreational activities to their fullest potentials. Current health fitness standards may not be enough to achieve these objectives. | |

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| 62. Discuss the unhealthy biological processes that result from extended periods of sitting.   |  |  | | --- | --- | | *ANSWER:* | Our bodies are simply not designed for extended periods of sitting. As we sink into inactivity, our biological processes begin to change, down to a cellular and molecular level. Researchers are only beginning to understand all of the factors at work, but studies show, for example, that blood flow becomes sluggish and is more likely to form life-threatening clots in the lungs and legs. Slower blood flow also means less oxygen and glucose delivered to the brain and body, and as a result cognitive function declines and the feeling of fatigue increases. An act as simple as standing several times throughout the day can keep abdominal, gluteus, and other antigravity muscles working. Additionally, during extended sitting, cells in idle muscles don’t respond to insulin (including skeletal muscles, which are responsible for 80 percent of glucose disposal during activity); thus, insulin resistance increases along with the accompanying risk for diabetes and cardiovascular disease. | |

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| 63. Discuss why the difference in life expectancy for men and women has narrowed from eight years to five years since 1980.   |  |  | | --- | --- | | *ANSWER:* | Life expectancy for men in the United States is almost 5 years lower than for women. For years it had been assumed that the difference is based on biology, but we are learning that most likely the gender gap is related to lifestyle behaviors most commonly observed in men. Around 1980, the gender gap in life expectancy was almost 8 years. The decrease in the gender gap is thought to be due to the fact that women are increasingly taking on jobs, habits, and stressors of men including drinking and employment outside the home. | |

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| 64. Explain how exercise enhances the brain’s learning capacity, touching on the role of the protein BDNF.   |  |  | | --- | --- | | *ANSWER:* | Emerging research shows that exercise allows the brain to function at its best through a combination of biological reactions. First, exercise increases blood flow to the brain, providing oxygen, glucose, and other nutrients; and improving the removal of metabolic waste products. The increased blood and oxygen flow also prompt the release of the protein Brain-Derived Neurotrophic Factor (BDNF). This protein works by strengthening connections between brain cells and repairing any damage within them. BDNF also stimulates the growth of new neurons in the hippocampus, the portion of the brain involved in memory, planning, learning, and decision-making. The hippocampus is one of only two parts of the adult brain where new cells can be generated. The connections strengthened by BDNF are critical for learning to take place and for memories to be stored. Exercise provides the necessary stimulus for brain neurons to interconnect, creating the perfect environment in which the brain is ready, willing, and able to learn. | |

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| 65. Explain the purpose of NEAT as an alternative to exercise, and provide at least seven examples of NEAT activities.   |  |  | | --- | --- | | *ANSWER:* | To minimize inactivity when you have limited time and space, look to enhance daily nonexercise activity thermogenesis (NEAT)—the energy expended doing daily activities not related to exercise. Aim to achieve NEAT for at least 10 minutes every waking hour. Examples of such activities include:  1. Walk instead of drive when you only need to go short distances.  2. Park farther away or get off the subway, train, or bus several blocks from the campus or office.  3. Take a short walk right after each meal or snack.  4. Walk faster than usual.  5. Move about whenever you take a break.  6. Take the stairs as often as you can. Alternatively, walk up and down the escalators.  7. When watching TV, stand and move during commercials or, even better, work out during TV time.  8. Do not shy away from housecleaning chores or yard work.  9. Stand more while working/studying. Place your computer on an elevated stand or shelf and stand while doing work, writing emails, or surfing the Internet.  10. Always stand while talking on the phone.  11. When reading a book, get up and move after every 6-10 pages of the book.  12. Use a stability ball for a chair. Such use enhances body stability, balance, and abdominal, low back, and leg strength.  13. Whenever feasible, walk while conversing or holding meetings.  14. Walk to classmates’ homes or coworkers’ offices to study or discuss matters with them instead of using the phone, email, or computer. | |