|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. Sedentary death syndrome and hypokinetic diseases are examples of sitting disease.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2. The "big five" factors—tobacco smoking, high blood pressure, overweight and obesity, physical activity, and high blood glucose—are responsible for more than half the deaths in the United States each year.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 3. The leading causes of death in the United States today are largely related to lifestyle choices.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 4. Chronic lower respiratory disease (CLRD) is mostly related to alcohol abuse.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5. Individual lifestyle choices have the greatest effect on health and well-being.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 6. Heart attacks and strokes are caused by carbon dioxide deprivation to the blood.

|  |  |  |
| --- | --- | --- |
|   | 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. In terms of general health promotion, the main emphasis of physical fitness programs should be on skill-related components.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9. Metabolic profile is a measurement of insulin sensitivity, glucose tolerance, and improved cholesterol levels.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 10. According to the U.S. Centers for Disease Control and Prevention (CDC), cancer was responsible for the highest percentage of deaths among individuals aged between 45 and 64 in the year 2014.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 11. \_\_\_\_\_ is the largest preventable cause of illness and premature death in the United States.

|  |  |  |
| --- | --- | --- |
|   | a.  | Physical inactivity |
|   | b.  | Cigarette smoking |
|   | c.  | Cardiovascular disease |
|   | d.  | Substance abuse |
|   | e.  | Diabetes |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| 12. Which of the following terms is used to refer to the cause of deaths attributed to a lack of regular physical activity?

|  |  |  |
| --- | --- | --- |
|   | 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 report by the Organization for Economic Cooperation and Development (OECD) 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. Stanley volunteers at a local soup kitchen, and he feels that it enhances his overall health. This is an example of \_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | occupational wellness |
|   | b.  | spiritual wellness |
|   | c.  | environmental wellness |
|   | d.  | physical wellness |
|   | e.  | emotional wellness |

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| --- | --- |
| *ANSWER:* | b |

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| 15. Which of the following blood pressure readings represents stage 2 hypertension?

|  |  |  |
| --- | --- | --- |
|   | a.  | Systolic <120 and diastolic <80 |
|   | b.  | Systolic <140 and diastolic <90 |
|   | c.  | Systolic >140 and diastolic >90 |
|   | d.  | Systolic >140 and diastolic <80 |
|   | e.  | Systolic <120 and diastolic <90 |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 16. The most prevalent degenerative diseases in the United States are those of the \_\_\_\_\_ system.

|  |  |  |
| --- | --- | --- |
|   | a.  | cardiorespiratory |
|   | b.  | cardiovascular |
|   | c.  | cardiovascular |
|   | d.  | endocrine |
|   | e.  | renal |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| 17. The major contributor to the increase in the incidence of cancer deaths during the past five decades in the United States is \_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | hypertension |
|   | b.  | melanoma |
|   | c.  | leukemia |
|   | d.  | smoking |
|   | e.  | obesity |

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| --- | --- |
| *ANSWER:* | d |

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| 18. 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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| 19. According to the *Physical Activity Guidelines for Americans*, what is the minimum number of steps recommended for adults?

|  |  |  |
| --- | --- | --- |
|   | a.  | 10,000 |
|   | b.  | 6,000 |
|   | c.  | 5,300 |
|   | d.  | 2,500 |
|   | e.  | 500 |

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| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 20. Which of the following is a precaution to prevent chronic lower respiratory disease?

|  |  |  |
| --- | --- | --- |
|   | a.  | Consuming a calorie-dense diet |
|   | b.  | Consuming a low-sodium diet |
|   | c.  | Restricting physical activity to 100 minutes a day |
|   | d.  | Smoking no more than 10 cigarettes per day |
|   | e.  | Swimming in swimming pools that are well chlorinated |

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| --- | --- |
| *ANSWER:* | b |

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| 21. A(n) \_\_\_\_\_ is a small inexpensive device that indicates changes in movement, and it is available in smartphones.

|  |  |  |
| --- | --- | --- |
|   | a.  | sphygmomanometer |
|   | b.  | barometer |
|   | c.  | gravity manometer |
|   | d.  | aneroid manometer |
|   | e.  | accelerometer |

|  |  |
| --- | --- |
| *ANSWER:* | e |

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| 22. Exercise is a type of activity that requires \_\_\_\_\_ bodily movement to improve or maintain one or more components of physical fitness.

|  |  |  |
| --- | --- | --- |
|   | a.  | anaerobic and hyper-extensive |
|   | b.  | planned, structured, and repetitive |
|   | c.  | unstructured and intense |
|   | d.  | random and non-repetitive |
|   | e.  | brisk, vigorous, and challenging |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| 23. Identify an immediate benefit of exercise.

|  |  |  |
| --- | --- | --- |
|   | a.  | It helps decrease stress. |
|   | b.  | It maintains better muscle tone. |
|   | c.  | It enhances athletic performance. |
|   | d.  | It helps preserve lean body tissue. |
|   | e.  | It speeds recovery following disease. |

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| --- | --- |
| *ANSWER:* | a |

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| 24. Which of the following statements is true of mental wellness?

|  |  |  |
| --- | --- | --- |
|   | a.  | It can only be achieved by praying regularly. |
|   | b.  | It refers to the effort an individual wants to put into a job. |
|   | c.  | It allows you to engage your mind in lively interaction with the world around you. |
|   | d.  | It is also referred to as social wellness. |
|   | e.  | It enables you to eliminate unnecessary situations in your life. |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 25. The term \_\_\_\_\_ implies a constant and deliberate effort to stay healthy and achieve the highest potential for well-being.

|  |  |  |
| --- | --- | --- |
|   | a.  | wellness |
|   | b.  | altruism |
|   | c.  | discipline |
|   | d.  | behavior modification |
|   | e.  | personal fulfillment |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 26. Tom takes less than 5,000 steps per day. Under which of the following categories does Tom's activity level fall?

|  |  |  |
| --- | --- | --- |
|   | a.  | Somewhat active |
|   | b.  | Low active |
|   | c.  | Sedentary lifestyle |
|   | d.  | Active |
|   | e.  | Highly active |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 27. The science and art of enabling people to increase control over their lifestyle to move toward a state of wellness is known as \_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | discipline promotion |
|   | b.  | altruism |
|   | c.  | health promotion |
|   | d.  | skill-related promotion |
|   | e.  | behavior modification |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 28. Which of the following refers to an observational study of scientific health studies?

|  |  |  |
| --- | --- | --- |
|   | a.  | Case control study |
|   | b.  | Laboratory study |
|   | c.  | Clinical trial |
|   | d.  | Systematic review |
|   | e.  | Placebo-controlled study |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 29. Which of the following statements is true of loneliness?

|  |  |  |
| --- | --- | --- |
|   | a.  | It increases levels of the stress hormone cortisol. |
|   | b.  | It decreases vascular resistance. |
|   | c.  | It enhances immune function. |
|   | d.  | It decelerates cognitive decline. |
|   | e.  | It helps maintain social wellness. |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 30. John goes to his school by taking a brisk walk, utilizing five times more oxygen than utilized while sleeping. Identify the intensity of his physical activity.

|  |  |  |
| --- | --- | --- |
|   | a.  | Sedentary |
|   | b.  | Moderate |
|   | c.  | Light |
|   | d.  | Vigorous |
|   | e.  | Extremely light |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| 31. \_\_\_\_\_ wellness encourages collaboration and interaction among coworkers, which fosters a sense of teamwork and support.

|  |  |  |
| --- | --- | --- |
|   | a.  | Occupational |
|   | b.  | Social |
|   | c.  | Environmental |
|   | d.  | Spiritual |
|   | e.  | Mental |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| 32. \_\_\_\_\_ wellness is the dimension most commonly associated with being healthy and entails confidence and optimism about one's ability to take care of health problems.

|  |  |  |
| --- | --- | --- |
|   | a.  | Emotional |
|   | b.  | Mental |
|   | c.  | Physical |
|   | d.  | Spiritual |
|   | e.  | Environmental |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 33. \_\_\_\_\_ wellness, also referred to as intellectual wellness, implies an ability to create opportunities to learn more.

|  |  |  |
| --- | --- | --- |
|   | a.  | Emotional |
|   | b.  | Mental |
|   | c.  | Physical |
|   | d.  | Spiritual |
|   | e.  | Occupational |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| 34. \_\_\_\_\_ wellness involves a concern for oneself and also an interest in humanity and the environment as a whole.

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

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| 35. John recycles regularly and uses public transportation most of the time. He demonstrates a high level of \_\_\_\_\_ wellness.

|  |  |  |
| --- | --- | --- |
|   | a.  | environmental |
|   | b.  | occupational |
|   | c.  | spiritual |
|   | d.  | physical |
|   | e.  | mental |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 36. Which of the following statements is **not** true of spiritual wellness?

|  |  |  |
| --- | --- | --- |
|   | a.  | It provides a unifying power that integrates all dimensions of wellness. |
|   | b.  | It gives a sense of purpose and meaning to life. |
|   | c.  | It is directly related to your performance at work. |
|   | d.  | It is linked to physical health. |
|   | e.  | It strengthens the immune system. |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 37. Mary has a heart rate of 64 bpm. Identify the resting heart rate category for her.

|  |  |  |
| --- | --- | --- |
|   | a.  | Excellent |
|   | b.  | Good |
|   | c.  | Average |
|   | d.  | Fair |
|   | e.  | Poor |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| 38. Which of the following statements is true of metabolic equivalent (MET)?

|  |  |  |
| --- | --- | --- |
|   | a.  | One MET is the amount of oxygen utilized by a person when resting. |
|   | b.  | Two MET is the amount of oxygen utilized by a person while washing dishes. |
|   | c.  | Three MET is the amount of oxygen utilized by a person when swimming. |
|   | d.  | Ten MET is the amount of oxygen utilized by a person when running. |
|   | e.  | Six MET is the amount of oxygen utilized by a person when biking. |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| 39. \_\_\_\_\_ fitness relates to the ability to perform activities of daily living without undue fatigue.

|  |  |  |
| --- | --- | --- |
|   | a.  | Health-related |
|   | b.  | Moderate |
|   | c.  | Skill-related |
|   | d.  | Managed |
|   | e.  | Prescribed |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 40. Laura takes less than 30 minutes to walk 2 miles and does so five times a week. She has achieved the health fitness standard for \_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | physical fitness endurance |
|   | b.  | cardiovascular potential |
|   | c.  | circulatory endurance |
|   | d.  | cardiorespiratory endurance |
|   | e.  | respiratory potential |

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| 41. \_\_\_\_\_ standards are set higher than health fitness standards and require a more intense exercise program.

|  |  |  |
| --- | --- | --- |
|   | a.  | Physical fitness |
|   | b.  | Muscular flexibility |
|   | c.  | Aerobic endurance |
|   | d.  | Muscular strength |
|   | e.  | Cardiorespiratory endurance |

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| --- | --- |
| *ANSWER:* | a |

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| 42. Your text identifies the greatest benefit of participating in a regular fitness and wellness program as \_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | living a wealthy life |
|   | b.  | making friends for life |
|   | c.  | changing life into a game you can win |
|   | d.  | reducing the amount of time spent at work |
|   | e.  | enjoying a better quality of life |

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| *ANSWER:* | e |

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| 43. 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 |

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| *ANSWER:* | a |

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| 44. Which of the following statements is true of exercise?

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| --- | --- | --- |
|   | a.  | It prevents the enlargement of the hippocampus. |
|   | b.  | It does not affect the serotonin level in the body. |
|   | c.  | It increases muscle contractions. |
|   | d.  | It is not useful in treating depression. |
|   | e.  | It increases the release of dopamine. |

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| *ANSWER:* | e |

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| 45. The health fitness standards proposed in your text are based on data linking \_\_\_\_\_.

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| --- | --- | --- |
|   | 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 activity |
|   | e.  | potential fitness values to personal and professional goals |

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| *ANSWER:* | a |

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| 46. Identify a health-related fitness component of physical fitness.

|  |  |  |
| --- | --- | --- |
|   | a.  | Agility |
|   | b.  | Body composition |
|   | c.  | Reaction time |
|   | d.  | Balance |
|   | e.  | Power |

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| --- | --- |
| *ANSWER:* | b |

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| 47. 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.  | cardiovascular disease |

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| *ANSWER:* | a |

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| 48. VO2max values of 35 and 32.5 mL/kg/min for men and women, respectively, could best be identified as \_\_\_\_\_ standards.

|  |  |  |
| --- | --- | --- |
|   | a.  | health fitness |
|   | b.  | physical fitness |
|   | c.  | metabolic profile |
|   | d.  | skill-related fitness |
|   | e.  | physical wellness |

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| *ANSWER:* | a |

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| 49. \_\_\_\_\_ as the need for physical exertion in Western countries decreased steadily during the last century.

|  |  |  |
| --- | --- | --- |
|   | a.  | Health care expenditures increased dramatically |
|   | b.  | Americans enjoyed better health |
|   | c.  | Health care expenditures decreased dramatically |
|   | d.  | Preventive health care became a priority |
|   | e.  | State-of-the-art cures became less popular |

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| *ANSWER:* | a |

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| 50. Rates of heart attack and death caused by cardiovascular disease have dropped during the second half of the 20th century because of \_\_\_\_\_.

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| --- | --- | --- |
|   | a.  | less emphasis on treatment strategies |
|   | b.  | more participation in marathons |
|   | c.  | more effective use of diuretic drugs |
|   | d.  | more participation in wellness programs |
|   | e.  | more use of televisions and mobiles |

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| *ANSWER:* | d |

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| 51. 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 |

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| *ANSWER:* | a |

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| 52. Identify a federal guideline for physical activity.

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|   | a.  | Adults should do 150 minutes a week of moderate-intensity aerobic physical activity. |
|   | b.  | Adults should do 75 minutes of vigorous-intensity aerobic physical activity every day. |
|   | c.  | Children and adolescents should do 5 hours or more of physical activity every day. |
|   | d.  | Children and adolescents should do vigorous-intensity activity every day. |
|   | e.  | Children and adolescents should do muscle-strengthening and bone-strengthening activities one day per month. |

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| *ANSWER:* | a |

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| 53. 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 |

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| *ANSWER:* | e |

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| 54. Honesty, loyalty, and tolerance toward others are the examples of \_\_\_\_\_ wellness.

|  |  |  |
| --- | --- | --- |
|   | a.  | social |
|   | b.  | environmental |
|   | c.  | emotional |
|   | d.  | physical |
|   | e.  | spiritual |

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| *ANSWER:* | a |

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| 55. The reaction of the cardiovascular system to higher levels of physical activity \_\_\_\_\_.

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| --- | --- | --- |
|   | a.  | can always be predicted by parents |
|   | b.  | is fairly predictable |
|   | c.  | cannot be totally predicted |
|   | d.  | can be reasonably predicted by a friend |
|   | e.  | can always be predicted by teachers |

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| *ANSWER:* | c |

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| 56. You can determine your heart rate by counting your pulse either on the wrist over the radial artery or over the \_\_\_\_\_.

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| --- | --- | --- |
|   | 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 |

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| *ANSWER:* | c |

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| 57. Your pulse should have a(n) \_\_\_\_\_.

|  |  |  |
| --- | --- | --- |
|   | a.  | peak-and-valley rhythm |
|   | b.  | steadily slowing pace |
|   | c.  | consistent (regular) rhythm |
|   | d.  | steadily rising pace |
|   | e.  | irregular beat every minute |

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| *ANSWER:* | c |

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| 58. An optimal time to assess resting heart rate would be after you have \_\_\_\_\_.

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| --- | --- | --- |
|   | 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 an hour |
|   | e.  | performed flexibility exercises for about half an hour |

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| *ANSWER:* | a |

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| 59. Most highly trained athletes have a resting heart rate around \_\_\_\_\_ beats per minute

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| --- | --- | --- |
|   | a.  | 30 |
|   | b.  | 75 |
|   | c.  | 40 |
|   | d.  | 20 |
|   | e.  | 50 |

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| *ANSWER:* | c |

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| 60. The extent of bradycardia depends on genetic factors and \_\_\_\_\_.

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| --- | --- | --- |
|   | a.  | height at puberty |
|   | b.  | blood type |
|   | c.  | weight during exercising |
|   | d.  | the amount of training  |
|   | e.  | metabolic profile |

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| *ANSWER:* | d |

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| 61. When blood pressure is measured using a sphygmomanometer and a stethoscope, \_\_\_\_\_ blood pressure is recorded as the point where the sound of the pulse becomes audible.

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| --- | --- | --- |
|   | a.  | average |
|   | b.  | diastolic |
|   | c.  | mean |
|   | d.  | systolic |
|   | e.  | resting |

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| --- | --- |
| *ANSWER:* | d |

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| 62. Health benefits aside, why do most people exercise?

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| *ANSWER:* | Answer may vary.Most people exercise because it improves their personal appearance and makes them feel good about themselves. |

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| 63. What are the seven dimensions of wellness?

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| *ANSWER:* | Answer may vary.Wellness has seven dimensions: physical, emotional, mental, social, environmental, occupational, and spiritual. |

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| 64. What risk factors might interfere with safe participation in exercise for some people, and what exercise-induced abnormalities might result?

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| *ANSWER:* | Answer may vary.A small but real risk exists for exercise-induced abnormalities in people with a history of cardiovascular problems, certain chronic conditions, and a higher risk for disease. Among the exercise-induced abnormalities are abnormal blood pressure, irregular heart rhythm, fainting, and, in rare instances, a heart attack or cardiac arrest. |

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| 65. Identify some situations in which your heart rate is likely to be at its lowest point.

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| *ANSWER:* | Answer may vary.The heart rate usually is at its lowest point (resting heart rate) late in the evening after you have been sitting quietly for about half an hour, watching a relaxing TV show or reading in bed, or early in the morning just before you get out of bed. |

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| 66. According to the U.S. Centers for Disease Control and Prevention (CDC), what are four lifestyle habits that can reduce your risk of heart disease, cancer, and diabetes by nearly 80 percent?

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| *ANSWER:* | Answer may vary.According to the CDC, the following four health living habits can reduce your risk of chronic diseases such as heart disease, cancer, and diabetes by almost 80 percent:* Get at least 30 minutes of daily moderate-intensity physical activity.
* Never smoke.
* Eat a healthy diet (ample fruit and vegetables, whole-grain products, and low meat consumption).
* Maintain a body mass index (BMI) of less than 30.
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| 67. Compare and contrast health fitness standards and physical fitness standards.

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| *ANSWER:* | Answer may vary.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 clearly notable in a moderate-intensity exercise program, health improvements are quite striking. These benefits include a reduction in blood lipids, lower blood pressure, weight loss, stress release, less risk for diabetes, and lower risk for disease and premature mortality.​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. |

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| 68. Compare and contrast health-related fitness and skill-related physical fitness.

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| *ANSWER:* | Answer may vary.Health-related fitness is related to the ability to perform activities of daily living without undue fatigue. The health-related fitness components are cardiorespiratory (aerobic) endurance, muscular fitness (strength and endurance), muscular flexibility, and body composition.Skill-related fitness components consist of agility, balance, coordination, reaction time, speed, and power. These components are related primarily to successful sports and motor skill performance. |

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| 69. Discuss how our biological processes begin to change because of extended periods of sitting.

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| *ANSWER:* | Answer may vary.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 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. Arteries lose flexibility and have a lower capacity to expand and relax. Slower blood flow means less oxygen and glucose delivered to the brain and body and, as a result, cognitive function declines and the feeling of fatigue increases. Additionally, during extended sitting, fat deposits accumulate in muscle cells, which interferes with insulin's ability to transport glucose into muscle cells. Thus, insulin resistance increases along with the accompanying risk for diabetes and cardiovascular disease. The level of triglycerides in the blood jumps during inactivity, because inactive muscles stop producing an enzyme that usually captures these fats from the blood in order to turn them into fuel. Even HDL cholesterol levels (the good cholesterol) drop by 20 percent after as little as 1 hour of uninterrupted sitting. Inactivity also appears to switch on or off dozens of genes that trigger additional risk factors. |

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| 70. Explain how exercise enhances the brain's learning capacity, emphasizing the role of the protein brain-derived neurotrophic factor (BDNF).

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| *ANSWER:* | Answer may vary.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 prompts the release of a protein called brain-derived neurotrophic factor (BDNF). This protein works by strengthening connections between brain cells and repairing any damage within them. BDNF 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 and able to learn. |

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| 71. List any 10 long-term benefits of exercise.

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| *ANSWER:* | Answer may vary.The long-term benefits of exercise are as follows:* It improves muscular flexibility.
* It improves and strengthens the cardiorespiratory system.
* It helps maintain recommended body weight.
* It regulates and improves overall body functions.
* It helps preserve lean body tissue.
* It helps prevent chronic back pain.
* It enhances athletic performance.
* It helps people sleep better.
* It relieves tension and helps in coping with life stresses.

It reduces feelings of depression and anxiety. |

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| --- | --- | --- | --- | --- |
| Match the types of benefits of exercise with their appropriate effects. You will match each type of exercise with more than one description.

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| --- | --- |
| a.  | Long-term benefits of exercise |
| b.  | Immediate (acute) benefits of exercise |

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| 72. Increased heart rate

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| --- | --- |
| *ANSWER:* | b |

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| 73. Decreased risk for osteoporosis

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| --- | --- |
| *ANSWER:* | a |

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|  |  |  |
| --- | --- | --- |
| 74. Delayed development of high blood pressure

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| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- |
| 75. Improved digestion

|  |  |
| --- | --- |
| *ANSWER:* | b |

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|  |  |  |
| --- | --- | --- |
| 76. Maintenance of recommended body weight

|  |  |
| --- | --- |
| *ANSWER:* | a |

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|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Match the types of wellness with the appropriate descriptions.

|  |  |
| --- | --- |
| a.  | Physical wellness |
| b.  | Emotional wellness |
| c.  | Spiritual wellness |
| d.  | Environmental wellness |
| e.  | Occupational wellness |

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| 77. Feeling a sense of teamwork and support at work

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| --- | --- |
| *ANSWER:* | e |

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| --- | --- | --- |
| 78. Avoiding harmful drugs, consuming a well-balanced diet, and performing regular activity

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| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- |
| 79. Provides a unifying power that integrates all dimensions of wellness

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| --- | --- | --- |
| 80. Conserving energy, planting trees, and donating old clothes

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| --- | --- | --- |
| 81. Feeling happy, accepting limitations, and coping with stress in a healthy way

|  |  |
| --- | --- |
| *ANSWER:* | b |

 |