Principles and Labs for Fitness and Wellness 15th edition Hoeger Test Bank

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TRUE/FALSE

1 : Social norms that individuals use as a reference when considering a new behavior are called anchor points.
A : true
B : false

Correct Answer : A

2 : Eating dinner outside home has been linked to a lower body mass index.
A : true
B : false

Correct Answer : B

3 : Relapse is described as a short-term failure to maintain healthy behaviors.
A : true
B : false

Correct Answer : B

4 : People who believe they have control over events in their lives are said to have an external locus of control.
A : true
B : false

Correct Answer : B

5 : A precontemplator has a strong interest in changing a behavior.
A : true
B : false

Correct Answer : B

6 : The transtheoretical model of change illustrates change as a gradual process that involves several stages.
A : true
B : false

Correct Answer : A

7 : According to the transtheoretical model of change, helping relationships are supportive during the action, maintenance, and termination stages.
A : true
B : false

Correct Answer : A

8 : In behavior modification, consciousness-raising involves obtaining information about a problem so you can make a better decision about the problem behavior.
A : true
B : false

Correct Answer : A

9 : The likelihood of overeating is increased when there is a large variety of food and the food is physically near and convenient.
A : true
B : false

Correct Answer : A

10 : The "A" in SMART goals stands for acceptable goals that are compatible with those of others when a group effort is required.
A : true
B : false

Correct Answer : A

SHORT RESPONSE

11 : Briefly summarize the components of our environment that influence our behavior.

Correct Answer : Answers may vary. This environment includes families, friends, peers, homes, schools, workplaces, TV, radio, and movies, as well as our communities, country, and culture in general.

12 : Explain rationalization as a barrier to change. What are some ways to overcome it?

Correct Answer : Answers may vary. Humans have a need to maintain a positive view of the person they have chosen to be. One drawback of this need is rationalization. Even though people are not practicing healthy behaviors, they rationalize by telling themselves that they do get sufficient exercise, that their diet is fine, that they have good, solid relationships, or that they don't smoke/drink/get high enough to affect their health.?Tips to initiate change: Learn to recognize when you're glossing over or minimizing a problem. Practice a daily habit of looking inward and be honest with yourself. By choosing to be honest and upfront with others, you will be able to recognize more of your own needs. While you are making this change, be kind to yourself and focus on positive self-talk. Let go of preconditioned expectations and focus on self-acceptance. Your health and your life are priceless. Monitoring lifestyle habits through daily logs and then analyzing the results can help you change self-defeating behaviors.

13 : John believes that his weight problem is caused by his lack of exercise and daily consumption of junk foods, while Jane believes that she inherited her weight problem from her parents. Who is more likely to initiate and adhere to a wellness program? Explain.

Correct Answer : John has an internal locus of control, which means he believes he has control over events in his life and is more likely to initiate and adhere to a wellness program than Jane. Jane has an external locus of control, which means she believes what will happen to her is inevitable despite her behavior. John knows that he can control his weight by increasing his activity levels and eating right, whereas Jane believes that her weight problem is out of her control (inherited).

14 : What are the primary sources of self-efficacy? Briefly explain why.

Correct Answer : The best contributors to self-efficacy are mastery experiences, or personal experiences that one has had with successes and failures. Successful past performances greatly enhance self-efficacy: "Nothing breeds success like success."

15 : Why should a SMART goal for behavior change be realistic? Provide an example.

Correct Answer : Answers may vary. A SMART goal should be realistic, or within reach. For example, if you currently weigh 190 pounds and your target weight is 140 pounds, setting a goal to lose 50 pounds in a month would be unsound, if not impossible. Such a goal does not allow you to implement adequate behavior modification techniques or ensure weight maintenance at the target weight. Unattainable goals only set you up for failure, discouragement, and loss of interest.

MULTIPLE CHOICE

16 : Compared with home-cooked meals, restaurant meals are lower in _____.
A : calories
B : fat
C : sodium
D : fiber
E : saturated fat

Correct Answer : D

17 : Which of the following processes of change is applicable to the contemplation stage of change?
A : Rewards
B : Commitment
C : Environment control
D : Mindfulness
E : Emotional arousal

Correct Answer : E

18 : Which of the following statements is true of habits?
A : Habits are a necessary tool for everyday brain function.
B : Habits happen in new environments and not in familiar environments.
C : Once a habit is formed, it cannot be changed.
D : Habits lead to the loss of control over brain activities.
E : All habits lead to positive behaviors.

Correct Answer : A

19 : Which of the following is not a function of dopamine?
A : Learning
B : Cognition
C : Sleeping
D : Motivation
E : Behavior

Correct Answer : C

20 : In the context of barriers to change, thinking that tomorrow is the best time to start change exemplifies _____.
A : risk complacency
B : gratification

C : illusion of invincibility
D : rationalization
E : procrastination

Correct Answer : E

21 : Which of the following statements is true of the average restaurant meal?
A : It is as nutritious as a home-cooked meal.
B : It provides less calories.
C : It has high fiber content.
D : It contains more than half of an entire days fat allowance.
E : It contains a higher amount of minerals than does a home-cooked meal.

Correct Answer : D

22 : Which of the following statements is not true of values?
A : They are the core beliefs and ideals that people have.
B : Values are learned through examples and role models.
C : Values govern priorities.
D : A persons values reflect who they are.
E : The development of values happens at birth.

Correct Answer : E

23 : Dopamine is often referred to as the "_____."
A : pleasure chemical
B : sad chemical
C : confidence chemical
D : inhibitory chemical
E : sleepy chemical

Correct Answer : A

24 : The largest nucleus of the basal ganglia, known as the _____, plays a key role in habit formation.
A : trigger
B : midbrain
C : striatum
D : hindbrain
E : forebrain

Correct Answer : C

25 : Lindsey likes to tan using the tanning bed at her salon. Which barrier to change best applies to Lindsey, who focuses on the short-term attractiveness of bronze skin and disregards the long-term risk of skin cancer?
A : Procrastination
B : Gratification
C : Preconditioned cultural belief
D : Illusion of invincibility
E : Indifference

Correct Answer : B

26 : In the context of barriers to change, "I'll deal with the consequences later" is an expression that best illustrates

_____.
A : illusion of invincibility
B : indifference
C : rationalization
D : risk complacency
E : lack of core values

Correct Answer : D

27 : In the context of barriers to change, feeling overwhelmed by all the changes needed to live a healthy lifestyle exemplifies _____.
A : complexity
B : gratification
C : procrastination
D : rationalization
E : lack of core values

Correct Answer : A

28 : The belief in one's own ability to perform a given task is known as _____.
A : self-motivation
B : self-efficacy
C : self-regard
D : self-esteem
E : self-starting

Correct Answer : B

29 : Which of the following statements is true of dopamine?
A : It is a hormone secreted by the pancreas.
B : It plays a key role in illusions.
C : It generates a feeling of helplessness.
D : It is involved in habit formation.
E : It is released when a person experiences failure.

Correct Answer : D

30 : What is serotonin sometimes referred to as?
A : Gratitude chemical
B : Pleasure chemical
C : Confidence chemical
D : Sleepy chemical
E : Inhibitory chemical

Correct Answer : C

31 : People with an internal locus of control have a(n) _____.
A : higher risk for illness
B : urge to control the behavior of others
C : easier time adhering to a wellness program
D : inclination to say that things happen by chance
E : greater sense of vulnerability

Correct Answer : C

32 : People with an external locus of control believe that _____.
A : they are at less risk for illness
B : they can control the behavior of others
C : they can easily adhere to a wellness program
D : things happen to them by chance, despite their behavior
E : their behavior helps them maintain control

Correct Answer : D

33 : Lacking the skills to perform a task leads to reduced competence. The best solution to the problem of competence is to _____.
A : master the skills you need to participate in the task
B : visualize yourself doing the task and getting it done
C : divide a goal into smaller, more realistic objectives
D : become educated about problems and avoid them
E : recognize your limitations and explain it to others

Correct Answer : A

34 : Problems of confidence, as an impediment to quit smoking, surface when people do not _____.
A : have the skills to quit smoking
B : believe they can quit smoking
C : believe smoking is harmful
D : know the benefits of not smoking
E : care if they quit smoking

Correct Answer : B

35 : Ken faces the problem of motivation to quit smoking. This likely means that he does not _____-
A : have the skills to quit smoking
B : believe smoking is harmful
C : believe quitting is that important
D : have the time to quit smoking
E : have the external support to quit smoking

Correct Answer : C

36 : Which simple statement applies to the two-stage change model of unhealthy behavior and healthy behavior?
A : Change is good for the soul.
B : Fish or cut bait.
C : The joy of living beats the fear of dying.
D : You only live once.
E : Either you do it or you dont.

Correct Answer : E

37 : What action is critical in the transition from the precontemplation stage to the contemplation stage of the transtheoretical model?
A : Beginning an exercise program
B : Controlling the environment
C : Acknowledging that there is a problem

D : Setting goals to change behavior
E : Experimenting with a new behavior

Correct Answer : C

38 : In the preparation stage of the transtheoretical model, people are _____.
A : planning to change a behavior within 6 months
B : wondering whether a change is possible
C : weighing the pros and cons of a change
D : following the guidelines of a new behavior
E : taking initial steps for change

Correct Answer : E

39 : In order to improve his blood pressure, Sam runs 3 miles, four times per week. This stage of the transtheoretical model requires _____.
A : the greatest commitment of time and energy
B : a plan to change the problem behavior
C : an immediate transition to the termination or adoption stage
D : more education about the problem behavior
E : a temporary regression to a previous stage

Correct Answer : A

40 : During the _____ stage of the transtheoretical model, people continue their new behavior for up to 5 years.
A : adoption
B : process
C : maintenance
D : termination
E : action

Correct Answer : C

41 : In the transtheoretical model, a relapse _____.
A : means failure
B : frequently occurs during the precontemplation stage
C : is not possible
D : may occur at any level of the model
E : tends to happen without warning

Correct Answer : D

42 : John does not believe that he will get lung cancer from smoking cigarettes, so he does not want to quit smoking. John is in the _____ stage of the transtheoretical model.
A : precontemplation
B : contemplation
C : preparation
D : maintenance
E : termination

Correct Answer : A

43 : Tom has maintained a healthy body weight by exercising regularly and eating right for more than 5 years. He

is in the _____ stage of the transtheoretical model.
A : precontemplation
B : action
C : maintenance
D : adoption
E : contemplation

Correct Answer : D

44 : A common technique of _____ is referred to as "urge surfing," which directs a person to notice an urge, pay attention to the way the urge feels as it builds, and then simply continue noticing it as the urge subsides.
A : self-analysis
B : mindfulness
C : behavior analysis
D : commitment
E : self-reevaluation

Correct Answer : B

45 : As a process of change, _____ involves obtaining information about a problem so that you can make a better decision about the problem behavior.
A : social liberation
B : consciousness-raising
C : self-analysis
D : behavior analysis
E : commitment

Correct Answer : B

46 : Nonsmoking areas, policy interventions, and advocacy groups are examples of _____.
A : dramatic release
B : positive introspection
C : self-analysis
D : social liberation
E : consciousness-raising

Correct Answer : D

47 : What process of change describes a woman who quits smoking after seeing her aunt die of lung cancer?
A : Emotional arousal
B : Commitment
C : Self-analysis
D : Behavior-analysis
E : Consciousness-raising

Correct Answer : A

48 : When you write down a(n) _____, it becomes "real" and a contract with yourself.
A : action
B : emotion
C : goal
D : urge
E : change

Correct Answer : C

49 : As a process of change, having a(n) _____ means taking an optimistic approach from the beginning and believing in yourself.
A : goal
B : advantage
C : emotional urge
D : helping relationship
E : positive outlook

Correct Answer : E

50 : Commitment as a process of change is best defined as _____.
A : becoming cognizant of a need for change
B : researching and defining the behavior problem
C : recognizing the urge to change an unhealthy behavior
D : accepting the responsibility to change
E : analyzing the pros and cons of a certain behavior

Correct Answer : D

51 : What process of change involves substituting healthy behaviors for a problem behavior?
A : Countering
B : Behavior analysis
C : Social liberation
D : Self-analysis
E : Mindfulness

Correct Answer : A

52 : What process of change involves surrounding yourself with people who will work toward a common goal with you or those who care about you and will encourage you along the way?
A : Social liberation
B : Helping relationships
C : Countering
D : Environmental control
E : Monitoring

Correct Answer : B

53 : Tracking your daily food consumption and identifying sources of excessive calories and fat in the diet are examples of _____.
A : commitment
B : monitoring
C : countering
D : environment control
E : willpower

Correct Answer : B

54 : Sallie has been exercising regularly and cutting sugar from her diet. After 4 weeks, she has lost 5 pounds and has decided to reward herself with a treat. What would be the best choice?

A : Eating a whole pizza by herself
B : Taking a week off from exercising
C : Buying a new pair of running shoes
D : Exercising twice as much as before
E : Refusing to reward herself

Correct Answer : C

55 : Where is the neurotransmitter serotonin abundantly found?
A : The prefrontal cortex
B : The basal ganglia
C : The lungs
D : The thyroid gland
E : The pituitary gland

Correct Answer : A

56 : The "R" in SMART goals stands for _____.
A : realistic
B : rational
C : rewarding
D : reasonable
E : registered

Correct Answer : A

57 : Whenever possible, goals and objectives should be _____.
A : immeasurable
B : measurable
C : unwritten
D : cataloged
E : short-term

Correct Answer : B

58 : The time-specific component of SMART goals refers to having a specific _____.
A : log created for monitoring
B : time set for reevaluation
C : date set for completion
D : day set for rest and/or reward
E : date set for beginning

Correct Answer : C

59 : Which of the following statements is not true of serotonin?
A : Serotonin is abundantly found in the prefrontal cortex.
B : Its level in the brain is increased during success.
C : It is inhibited as a result of negative social feedback.
D : Its low level is linked to decreased feelings of aggression and depression.
E : Its level is increased with exercise and time spent in the sunlight.

Correct Answer : D

60 : Mastery experiences, which lead to self-efficacy, can be made more successful by practicing _____ and self-acceptance.
A : mindfulness
B : meditation
C : habit formation
D : self-motivation
E : self-compassion

Correct Answer : E

61 : SMART goals refer to those that are best described as _____.
A : written based on a thorough analysis of problem behaviors
B : written for anyone who wishes to change a problem behavior
C : specific, measurable, acceptable, realistic, and time-specific
D : special, meaningful, accountable, reasonable, and time-specific
E : behavior guidelines set by the National Weight Control Registry

Correct Answer : C

62 : The stage of change in the transtheoretical model in which an individual is unwilling to change behavior is called _____.
A : precontemplation
B : preparation
C : contemplation
D : termination
E : maintenance

Correct Answer : A

63 : In the context of barriers to change, the feeling of "I'm in control" during drinking and driving is an example of _____.
A : procrastination
B : rationalization
C : loss aversion
D : indifference and helplessness
E : illusions of invincibility

Correct Answer : E

64 : "I will reduce my body fat to 20 percent body fat through exercising" is not a(n) _____ goal.
A : acceptable
B : measurable
C : reasonable
D : time-specific
E : motivational

Correct Answer : D

65 : When asking yourself whether you have the time, commitment, and necessary skills to accomplish a goal, you are considering whether the goal is _____.
A : time-specific
B : measurable
C : acceptable

D : realistic
E : helpful

Correct Answer : C

66 : The stage of change in the transtheoretical model in which an individual is actively changing a negative behavior or adopting a new, healthy behavior is called _____.
A : contemplation
B : adoption
C : action
D : preparation
E : maintenance

Correct Answer : C

67 : Which of the following processes of change is part of the precontemplation stage of change?
A : Rewards
B : Commitment
C : Consciousness-raising
D : Goal setting
E : Helping-relationships

Correct Answer : C

68 : _____ goals set you up for failure, discouragement, and loss of interest.
A : Challenging
B : Time-specific
C : Unattainable
D : Productive
E : Unrewarding

Correct Answer : C

69 : What is an example of a measurable objective?
A : "I will eat healthier food."
B : "I will lose weight in 5 months."
C : "I will go to bed earlier every day."
D : "I will go to bed at 10 p.m. every day."
E : "I will eat breakfast more often."

Correct Answer : D

70 : April's long-term goal is to attain her recommended body weight by losing 50 pounds. Which objective is most likely to help April reach her long-term goal?
A : Lose 5 pounds in 1 week.
B : Lose 1 pound per week.
C : Lose 25 pounds in 1 month.
D : Lose 10 pounds in 2 weeks.
E : Lose 1 pound per day.

Correct Answer : B

MATCHING

71 : Match the explanations with the associated behavior change theories.

A : Humanistic theory of change	A : It maintains that most behaviors are learned and maintained under complex schedules of reinforcement and anticipated outcomes.
B : Social cognitive theory	B : It proposes that many behaviors are the result of making decisions as we seek to work out our issues.
C : Relapse prevention model	C : It is influenced by three key factors: the environment, personal factors, and characteristics of the behavior itself.
D : Problem-solving model	D : It teaches people to anticipate high-risk situations and develop action plans to prevent slipping back into unhealthy behavior(s).
E : Learning theories	E : It believes that people are unique in the development of personal goals with the ultimate goal being self-actualization.

Correct Answer :
A : E

B : C

C : D

D : B

E : A

ESSAY

72 : Explain the role of the basal ganglia in forming healthy (or unhealthy) habits.

Correct Answer : The brain area in which habits are formed is the basal ganglia. More specifically, the striatum, a large nucleus within the basal ganglia that is able to communicate with the forebrain (decision-making area) and the midbrain (motor control), plays a major role in habit formation. Intense, rewarding, exciting, or pleasurable events activate the striatum, and it then memorizes these pleasurable or rewarding events in an effort to help the person find opportunities to repeat these events. The striatum of the basal ganglia also contains large amounts of the neurotransmitter dopamine, which is released upon a rewarding or pleasurable cue. As such, it plays a role in habit formation and can cause a behavior to become a conditioned response.

73 : Using examples, discuss the purpose of self-reevaluation as a process of change.

Correct Answer : Answers may vary. During the process of self-reevaluation, individuals analyze their feelings about a problem behavior. The pros and cons or advantages and disadvantages of a certain behavior can be reevaluated at this time. For example, you may decide that strength training will help you get stronger and tone up, but implementing this change will require you to

wake up earlier three times per week. If you remember a time when you enjoyed feeling fit and capable of meeting daily physical demands with ease, you may feel good about weight loss and enhanced physical capacity as a result of a strength-training program. When you visualize your goal, pair your desired behavior with positive feelings to create a positive effect.

74 : Explain why "rewards" should be included as part of a process of change.

Correct Answer : Answers may vary. People tend to repeat behaviors that are rewarded and to disregard those that are not rewarded or are punished. Rewarding oneself or being rewarded by others is a powerful tool during the process of change in all stages. If you have successfully cut down your caloric intake during the week, reward yourself by going to a movie or buying a new pair of shoes. Do not reinforce yourself with destructive behaviors such as eating a high-fat/calorie-dense dinner. If you fail to change a desired behavior (or to implement a new one), you may want to put off buying those new shoes you had planned for that week. When a positive behavior becomes habitual, give yourself an even better reward.

75 : Describe the role that willpower can play in behavior change, and using an example, discuss when this limited resource is best used and how it can be depleted.

Correct Answer : Answers may vary. Understanding the concept of willpower, or self-control, is helpful in the process of behavioral change. Scientists have found that self-restraint against impulses can be built, like a muscle, if built slowly and gradually. Start with something small. If you feel you need to read every text message the moment it arrives, you may try to learn to wait a few minutes and finish the activity you are working on and then read your text message. As you do so, your ability to exert self-control increases. Studies have found that willpower is a limited resource. It is highest in the morning and is depleted as we use it throughout the day, primarily when confronted with difficult challenges and stress. When you are planning to take on a significant task, help yourself be successful by doing it at a time when you can put aside as many other demands and stressors as possible. Studies indicate that willpower reserve can be increased through exercise, balanced nutrition, a good night's sleep, and quality time spent with important people in your life. Willpower, on the other hand, decreases in times of depression, anxiety, anger, and loneliness.

76 : Explain the three impediments that keep people from taking action.

Correct Answer : Answers may vary. The three impediments are as follows: Problems of competence: Lacking the skills to perform a task leads to reduced competence. If your friends play basketball regularly but you don't know how to play, you might be inclined not to participate. The solution to the problem of competence is to master the skills you require to participate. Don't be afraid to try new activities. Another alternative is to select an activity in which you are skilled. Problems of confidence: Problems with confidence arise when you have the skill but don't believe you can get it done. Fear and feelings of inadequacy often interfere with the ability to perform the task. You shouldn't talk yourself out of something until you have given it a fair try. Initially, try to visualize yourself doing the task and getting it done. Repeat this several times, then actually try it. You will surprise yourself. Problems of motivation: With problems of motivation, both the competence and the confidence are there, but individuals are unwilling to change because the reasons to change are not important to them. For example, people begin contemplating a smoking-cessation program only when the reasons for quitting outweigh the reasons for smoking.