Fitness and Wellness 14th edition Hoeger Test Bank

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TRUE/FALSE

1 : When people believe they have control over events in their lives, they have an external locus of control.
A : true
B : false

Correct Answer : B

2 : During the contemplation stage of the transtheoretical model of behavior change, people acknowledge they have a problem and begin to think seriously about overcoming it.
A : true
B : false

Correct Answer : A

3 : It is possible to change a habit by deliberate choice.
A : true
B : false

Correct Answer : A

4 : HALT stands for Hungry, Angry, Lonely, Tired.
A : true
B : false

Correct Answer : A

5 : Consciousness-raising is part of behavior modification where an individual obtains information about the problem in order to make a better decision about the problem behavior.
A : true
B : false

Correct Answer : A

6 : Only a well-conceived action plan will help you attain goals.
A : true
B : false

Correct Answer : A

7 : Goals set by someone else, such as a coach or mentor, are more motivational than goals you set for yourself.
A : true
B : false

Correct Answer : B

8 : When your brain goes on “autopilot” and is activated by events that are rewarding, exciting, unexpected, and intense, as well as by cues from the environment, it causes you to return to habits, either good or bad.
A : true

B : false

Correct Answer : A

9 : Restructuring one's physical surroundings to avoid problem behaviors and decrease temptations is called countering.
A : true
B : false

Correct Answer : B

10 : Research has shown that 45% of our behaviors that lead to habits are patterns in our daily activities.
A : true
B : false

Correct Answer : A

SHORT RESPONSE

11 : List the six stages of transtheoretical model and define what it means to be in each stage.

Correct Answer : • Precontemplation – not considering a change or not wanting to change a behavior.• Contemplation – acknowledgement of a problem and beginning to consider overcoming it by making a behavior change.• Preparation – considering or planning to make a behavior change in the next month.• Action – actively doing things to change or modify behavior and acting on the behavior change itself.• Maintenance – adhering to the behavior change for up to 5 years.• Termination – after 5 years, entering a behavior change where there will no longer be relapses and the new behavior becomes a part of the individual's lifestyle.

12 : Explain the power of positive self-talk when it comes to making a behavior change.

Correct Answer : The power of positive self-talk has a profound effect on behavior change. Individuals who are able to reframe problems in a positive way are better able to maintain health and well-being. They can approach imperfect situations productively. It allows individuals to treat themselves with kindness, self-compassion, and empowers them to create positive changes. It also allows imperfection to exist in the same space where making a behavior change can be hard. So as not to be destructive or discourage the behavior change, keeping positive self-talk at the forefront of change is a successful approach.

13 : Values play a big role in making behavior change. Explain how values are important to creating the healthy lifestyle desired.

Correct Answer : • Values are defined as the core beliefs and ideals that people have.• Values govern priorities and behavior consistent with one's beliefs that play out in actions, behaviors, and changing habits.• Values are established through learning from role models and examples set, and through personal experience, with continued development over one's lifetime.• Values govern behavior as people look to conduct themselves in a manner that is conducive to living and attaining goals consistent with their beliefs and what is important to them.• A person's values reflect who they are.• Education plays a key role in the establishment of values.

MULTIPLE CHOICE

14 : When changing behaviors, the acronym HALT can be used to keep on track. What does the H stand for?
A : Happy
B : Hungry
C : Hormones
D : Hesitant
E : Hero

Correct Answer : B

15 : The motivation behind what causes individuals to make changes and to form positive habits in life is called _____.
A : consciousness-raising
B : self-analysis
C : social liberation
D : behavior modification
E : emotional arousal

Correct Answer : D

16 : Which of the following phrases suggests a link to an external source and tends to indicate less success in making a behavior change?
A : I don’t
B : I can’t
C : I won’t
D : I shouldn’t
E : I mustn’t

Correct Answer : B

17 : Studies show when making a behavior change, willpower reserve can be increased through which of the following?
A : Balanced nutrition
B : A good night’s sleep
C : Quality time spent with important people in your life
D : Exercise
E : All of these

Correct Answer : A

18 : When creating a behavior change, this process can also be referred to as a dramatic release.
A : Self-analysis
B : Emotional arousal
C : Social liberation
D : Consciousness-raising
E : Positive outlook

Correct Answer : B

19 : There is a part of the brain where habits form and are activated by pleasurable, rewarding events. What does the brain do after it memorizes these events?
A : It causes the individual pain when those events are recalled.
B : It prevents the individual from being able to reason.
C : It makes it easier for the individual to exert self-control.
D : It alerts the rest of the brain that those events are dangerous.
E : It helps the individual to seek opportunities to experience those events in the future.

Correct Answer : E

20 : Which statement describes people with an internal locus of control?
A : They are at greater risk for illness.
B : They are more likely to be unhealthy.
C : They have an easier time adhering to a wellness program.
D : They believe that most events in life are determined by genetics.
E : They often have difficulty getting out of the precontemplation or contemplation stages.

Correct Answer : C

21 : Which of the following is not one of the five stages of the transtheoretical model for changing behavior?
A : Contemplation
B : Preparation
C : Maintenance
D : Action
E : Success

Correct Answer : E

22 : Which of the following is not a part of five general categories of behaviors in the process of willful change?
A : Preventing relapse of a negative behavior
B : Developing a positive behavior
C : Strengthen a positive behavior
D : Maintain a positive behavior
E : Prevent new negative behaviors

Correct Answer : E

23 : John does not believe he will get lung cancer from smoking cigarettes; therefore, he does not intend to quit smoking. John is in which stage of the transtheoretical model of change?
A : Precontemplation
B : Contemplation
C : Preparation
D : Maintenance
E : Success

Correct Answer : A

24 : What is the name for the process used to permanently change negative behaviors in favor of positive behaviors that will lead to better health, well-being, and a productive life?
A : Wellness
B : Fitness

C : Discipline
D : Behavior modification
E : Lifestyle

Correct Answer : D

25 : Jose has been exercising regularly and eating a balanced diet for over 10 years. At what stage is he in the transtheoretical model of change?
A : Cessation
B : Action
C : Maintenance
D : Adoption
E : Relapse

Correct Answer : C

26 : What is mindfulness?
A : The act of determining the nature of the behavior to be changed
B : The act of being aware of thoughts and choices
C : The decision to make a change
D : The recognition of a person's responsibility for his or her actions
E : The continuous monitoring of one's behavior

Correct Answer : B

27 : Which process of change involves obtaining information about a problem behavior so you can make better decisions about what to do?
A : Social liberation
B : Emotional arousal
C : Consciousness-raising
D : Self-analysis
E : Monitoring

Correct Answer : C

28 : Rhea tracks her daily food consumption and identifies the sources of excessive calories from fat in her diet. What type of behavior modification activity is she using?
A : Commitment
B : Willpower
C : Countering
D : Environment control
E : Monitoring

Correct Answer : E

29 : What are SMART goals?
A : Goals that are simple, minute, actionable, right, and true
B : Goals that are specific, motivating, acceptable, realistic, and transtheoretical
C : Goals that are simple, mindful, attainable, rewarding, and tested
D : Goals that are strong, measurable, aggressive, realistic, and time specific
E : Goals that are specific, measurable, acceptable, realistic, and time specific

Correct Answer : E

30 : What is the function of the executive part of the brain?
A : It forms habits and memorizes pleasurable events.
B : It helps us to seek opportunities for pleasure.
C : It promotes awareness of ingrained behaviors.
D : It reminds us of who we are and our long-term goals.
E : It generates emotions and memories from experiences.

Correct Answer : D

31 : Goals that are _____ set you up for failure, discouragement, and loss of interest.
A : challenging
B : time specific
C : unattainable
D : measurable
E : unrewarding

Correct Answer : C

32 : If your goal is unreachable, despite your full commitment and best effort, you should ____.
A : consult a professional
B : start again after a few days of rest
C : set lower standards
D : still try to reach the goal no matter how long it takes
E : reassess the goal

Correct Answer : E

33 : Charles says he is motivated to start a workout program since his grandmother lost her physical strength to get out of bed. Motivation is defined as ____.
A : the inner desire to accomplish a given task
B : the act of starting a new behavior
C : slipping and falling back into old habits
D : the extent to which he believes he can make a change
E : failing to make a behavior change

Correct Answer : A

34 : What governs people's behavior so that they look to conduct themselves in a manner that aligns with their beliefs and what is important to them?
A : Values
B : Actions
C : Motivation
D : Goals
E : Education

Correct Answer : A

35 : In the transtheoretical model maintenance stage of change, up to how many years has a person stuck with the behavior change process?
A : 1 year
B : 2 years
C : 3 years

D : 4 years
E : 5 years

Correct Answer : E

36 : Samantha has been reading about how important it is to stay hydrated to perform at her best during volleyball games. What best describes what she is doing toward change?
A : Social liberation
B : Consciousness-raising
C : Precontemplation
D : Self-analysis
E : Positive self-talk

Correct Answer : B

37 : Doing a behavior analysis involves determining where you can exert control over a behavior. Each of the following is part of the analysis except _____.
A : frequency
B : circumstances
C : consequences
D : environmental control
E : goals

Correct Answer : D

38 : The T in SMART goals stands for “time-specific” and is best defined as _____.
A : the date you begin the goal
B : the time you set for accomplishing the goal
C : the time spent each day on the goal
D : the amount of time to manage the goal
E : the time needed to decide on the SMART goal

Correct Answer : B

39 : What is the process whereby a person substitutes a healthy behavior for a problem behavior?
A : Commitment
B : Environmental control
C : Mindfulness
D : Monitoring
E : Countering

Correct Answer : E

40 : Countering is a process in which you _____.
A : analyze feelings about the problem
B : substitute healthy behaviors for problem behaviors
C : repeat behaviors as they are rewarded
D : become aware of thoughts and choices
E : restructure physical surroundings

Correct Answer : B

41 : Hernando has to study more for a class this semester than he first expected. He still wants to go the gym but has had to modify his workouts by sometimes doing exercises at home to save travel time. This is an example of _____.
A : implementing intentions
B : fixed mindset
C : motivation
D : positive outlook
E : monitoring

Correct Answer : A

42 : Individuals with a growth mindset exhibit an understanding of which of the following statements?
A : Willpower is the most important part of behavior change.
B : An individual's traits are fixed at birth.
C : The traits of intelligence and creativity are changeable traits.
D : One is either born with or without the ability to master a skill.
E : Individual efforts cannot improve chances of success.

Correct Answer : C

43 : Conducting periodic evaluations of SMART goals requires which of the following?
A : Do not rewrite goals, just try to keep persevering through the difficulties.
B : Realize you should be able to meet your goals in all circumstances.
C : Self-defeating behaviors will not be an issue when working on your goal.
D : After legitimate effort put toward the goal, realize it may not be reachable.
E : Do not reassess goals, just keep trying to reach your initial goal.

Correct Answer : D

MATCHING

44 : In the following items, 41 to 50, select the key term best associated with each description below. Each term is used only once.

A : When a positive behavior becomes habitual, treating yourself.	A : Action stage
B : Recognizing a problem exists is the first step to this.	B : Behavior change
C : Stage of change in which one maintains behavioral change for up to 5 years.	C : Contemplation stage
D : Immediate associations and feelings, either positive or negative, that influence choices.	D : Locus of control
E : Stage of change in which one is considering changing behavior in the next 6 months.	E : Maintenance stage
F : Stage of change in which one is actively changing a negative behavior or adopting a new, healthy behavior.	F : Rewards
G : Stage of change in which one is unwilling to change one's behavior.	G : Precontemplation stage
H : The extent to which a person believes he or she can influence the external environment.	H : Preparation stage

I : Stage of change in which one has eliminated an undesirable behavior or maintained a positive behavior for more than 5 years.
I : Affect

J : A stage of change in which one is getting ready to make a change within the coming month.
J : Termination/adoption stage

Correct Answer :
A : F

B : B

C : E

D : I

E : C

F : A

G : G

H : D

I : J

J : H

FILL IN THE BLANK

45 : What are the 12 lifestyle habits that research indicates will significantly improve health and extend life?

Correct Answer : 1. Participate in a lifetime physical activity program.2. Do not smoke.3. Eat right.4. Avoid snacking.5. Maintain recommended body weight through adequate nutrition and exercise.6. Sleep 7 to 8 hours each night.7. Lower your stress levels.8. Drink alcohol in moderation or not at all.9. Surround yourself with healthy friendships.10. Seek to live and work in a healthy environment.11. Exercise your mind. Keep your brain engaged throughout life to maintain cognitive function.12. Take personal safety measures to lessen the risk of avoidable accidents.

46 : Explain how to write SMART goals.

Correct Answer : 5. Time-specific. A goal always should have a specific date set for completion. The chosen date should be realistic but not too distant in the future. Allow yourself enough time to achieve the goal, but not too much time, because this could affect your performance. With a deadline, a task is much easier to work toward.