Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

SKU: 9780357447123-TEST-BANK

Name:_____ Class:_____ Date:_____

Chapter 01: Physical Fitness and Wellness

1. Physical inactivity is the greatest threat to public health in the U.S.
   a. True
   b. False

ANSWER: False

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

ANSWER: True

3. The leading causes of death in the U.S. today are largely related to genetics.
   a. True
   b. False

ANSWER: False

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

ANSWER: True

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

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

ANSWER: False

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

8. The main emphasis of physical fitness programs should be on the health-related components of fitness in terms of general health promotion and wellness.
   a. True
   b. False

ANSWER: True

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

Chapter 01: Physical Fitness and Wellness

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

ANSWER: True

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

11. An individual's concern for his or her own welfare is called altruism.
   a. True
   b. False

ANSWER: False

12. Morbidity is a condition related to or caused by illness or disease.
   a. True
   b. False

ANSWER: True

13. A small but real risk exists for exercise-induced abnormalities in people with a history of cardiovascular problems, those with certain chronic conditions, and those who are at higher risk for disease.
   a. True
   b. False

ANSWER: True

14. One way to determine one's fitness level is by assessing the cardiorespiratory endurance.
   a. True
   b. False

ANSWER: True

15. The term "systole" refers to the relaxation of the heart.
   a. True
   b. False

ANSWER: False

16. The leading cause of preventable deaths in the U.S. is _____.
   a. physical inactivity
   b. tobacco use
   c. alcohol abuse
   d. substance abuse

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

e. diabetes

ANSWER: b

17. Which term refers to an epidemic of physical inactivity in the U.S.?
a. Cardiovascular disease
b. Alzheimer's disease
c. Bradycardia
d. Sedentary Death Syndrome
e. Fragile X syndrome

ANSWER: d

18. A report by the Organization for Economic Cooperation and Development (OECD) found that among all 34 OECD countries, the U.S. had the highest rates of _____.
a. heart disease
b. diabetes
c. Alzheimer's disease
d. obesity
e. malnutrition

ANSWER: d

19. 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

20. The most prevalent degenerative diseases in the U.S. are those of the _____.
a. lymphatic system
b. cardiovascular system
c. musculoskeletal system
d. endocrine system
e. circulatory system

ANSWER: b

21. Chronic obstructive pulmonary disease, emphysema, and chronic bronchitis are diseases of the _____.
a. circulatory system
b. cardiovascular system
c. endocrine system

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

d. lymphatic system
e. respiratory system

ANSWER: e

22. 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

23. 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

24. Which of the following accurately describes exercise as a subset of physical activity?

a. It is anaerobic and accumulative.
b. It is planned, structured, and repetitive bodily movement.
c. It is unstructured and intense.
d. It is random, non-repetitive, and vigorous.
e. It requires brisk, timed, and challenging bodily movement.

ANSWER: b

25. Which concept embraces a constant and deliberate effort to stay healthy and achieve the highest potential for being happy, healthy, and comfortable?
a. Wellness
b. Fitness
c. Discipline
d. Behavior modification
e. Exercise

ANSWER: a

26. A 15-minute-mile walk comprises approximately _____.
a. 1,000 steps
b. 1,300 steps

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

c. 1,500 steps
d. 1,700 steps
e. 1,900 steps

ANSWER: e

27. Which of the following is the recommended steps per day for adults in general?
a. 25,000 steps
b. 20,000 steps
c. 15,000 steps
d. 10,000 steps
e. 5,000 steps

ANSWER: d

28. Which of the following refers to a long-term state of mind that permeates various facets of life and influences a person's outlook?
a. Stability
b. Wellness
c. Altruism
d. Endurance
e. Happiness

ANSWER: e

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

ANSWER: b

30. Which wellness dimension is most commonly associated with being healthy?
a. Emotional
b. Mental
c. Physical
d. Spiritual
e. Environmental

ANSWER: c

31. Jay recycles the items he buys and uses public transportation most of the time. He demonstrates a high level of _____.

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

a. environmental wellness
b. occupational wellness
c. social wellness
d. physical wellness
e. mental wellness

ANSWER: a

32. Sofia believes that she has an ideal job that is both challenging and rewarding. She is enjoying a high level of _____.
a. environmental wellness
b. occupational wellness
c. social wellness
d. physical wellness
e. mental wellness

ANSWER: b

33. 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

34. Which of the following relates to the ability to perform activities of daily living without undue fatigue?
a. Health-related fitness
b. Sedentary lifestyle
c. Performance-related fitness
d. None of these are correct
e. Hypokinetic state

ANSWER: a

35. The greatest benefit of participating in a regular fitness and wellness program is _____.
a. living a longer life
b. making friends for life
c. making life into a game one can win
d. reducing the amount of time spent at work
e. enjoying a better quality of life

ANSWER: e

36. The incidence of which of the following climbed dramatically in parallel step with the increased incidence of obesity

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

in the U.S.?

a. Mental disorders
b. Addiction to drugs
c. Addiction to alcohol
d. Alzheimer's disease
e. Diabetes

ANSWER: e

37. Even if Larry loses a few pounds and steps up his aerobic activity, through an active lifestyle and moderate-intensity physical activity, he will be able to maintain _____.

a. metabolic fitness
b. muscular fitness
c. the same MET
d. great muscular strength
e. high agility

ANSWER: a

38. 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

39. 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

40. Physical activity, especially in middle and older age, appears to be the most important lifestyle change a person can make to prevent _____.

a. dementia and Alzheimer's
b. lung cancer
c. loss of appetite
d. blindness or deafness
e. loss of motor skills

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

Chapter 01: Physical Fitness and Wellness

ANSWER: a

41. Achieving VO_{2max} values of 35 and 32.5 mL/kg/min for men and women, respectively, could be selected as _____.
    a. health fitness standards
    b. muscular fitness standards
    c. metabolic profile standards
    d. performance-related fitness standards
    e. physical wellness standards

ANSWER: a

42. One consequence of a steady decrease in 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

43. Which of the following led to the drop in cardiovascular mortality rates during the second half of the 20th century?
    a. Less emphasis on treatment strategies
    b. Increased participation in managed health care plans
    c. More effective use of diuretic drugs
    d. Increased participation in wellness programs
    e. Increased use of chiropractic techniques

ANSWER: d

44. Depression has been linked to low levels of _____.
    a. serotonin
    b. acetylcholin
    c. stress
    d. glutamate
    e. red meat consumption

ANSWER: a

45. Yuri 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 Yuri considering this experience?
    a. Yuri should follow up with a physician.
    b. Yuri should only take blood pressure readings on his right arm.
    c. Yuri should call 911 immediately.
    d. Yuri should disregard the discrepancy.
    e. Yuri should buy a new blood pressure cuff.

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

Chapter 01: Physical Fitness and Wellness

ANSWER: a

46. On average, people spend about 8 hours per day or more of their waking time _____.
    a. reclining
    b. running
    c. walking
    d. standing
    e. sitting

ANSWER: e

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. ulnar artery on the forearm
    e. temporal artery on the forehead

ANSWER: c

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

49. Which of the following is an optimal time to assess resting heart rate?
    a. After reading in bed quietly for about half an hour
    b. After exercising vigorously for 30 minutes
    c. After watching an action movie
    d. After walking at a moderate pace for no longer than half an hour
    e. After performing flexibility exercises for 30 minutes

ANSWER: a

50. Most highly trained athletes have a resting heart rate around _____.
    a. 60 beats per minute
    b. 55 beats per minute
    c. 50 beats per minute
    d. 45 beats per minute
    e. 40 beats per minute

ANSWER: e

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

Chapter 01: Physical Fitness and Wellness

51. Based on estimates, more than half of disease in the U.S. is attributed to _____.
    a. the environment
    b. genetic factors
    c. lifestyle
    d. the health care received
    e. socioeconomic factors

ANSWER: c

52. Which of the following is a risk factor that offsets the wellness benefits of fitness programs?
    a. Standing
    b. Jogging
    c. Eating foods that are low in saturated and trans fats
    d. Drinking too much alcohol
    e. Engaging in nonexercise activities

ANSWER: d

53. Which of the following is measured in terms of VO_{2max}?
    a. Muscular endurance
    b. Systolic blood pressure
    c. Agility
    d. Reaction time
    e. Cardiorespiratory endurance

ANSWER: e

54. Omar needs to assess his blood pressure. Which of the following should Omar do prior to taking the measurement?
    a. Avoid caffeine 30 minutes prior to testing
    b. Stand for 15 minutes before taking the measurement
    c. Talk for 3 to 5 minutes prior to taking the measurement
    d. Avoid sitting quietly for at least 30 minutes before taking the measurement
    e. Do moderate exercise for 30 minutes prior to testing

ANSWER: a

55. Which of the following involves a concern for oneself and also an interest in humanity and the environment as a whole?
    a. Mental wellness
    b. Social wellness
    c. Emotional wellness
    d. Occupational wellness
    e. Physical wellness

ANSWER: b

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

Chapter 01: Physical Fitness and Wellness

56. What is the federal recommendation for physical activity for adolescents?
   a. 300 minutes of moderate-intensity aerobic physical activity per week
   b. 75 to 150 minutes of vigorous-intensity aerobic physical activity per week
   c. Muscle-strengthening activities that involve all major muscle groups on 2 or more days per week
   d. 1 hour or more of either moderate- or vigorous-intensity aerobic physical activity per day
   e. 200 minutes of vigorous-intensity aerobic physical activity per week

ANSWER: d

57. Olivia lives 7 miles away from her college. She cycles to her college and back home 5 days a week. Olivia is engaging in _____.
   a. light physical activity
   b. moderate physical activity
   c. nonexercise activity
   d. strength training activity
   e. vigorous physical activity

ANSWER: e

58. Which of the following is a performance-related fitness component?
   a. Muscular fitness
   b. Body composition
   c. Reaction time
   d. Aerobic endurance
   e. Muscular strength

ANSWER: a

59. Jada, a software engineer, spends most of her day in the seated position. Which of the following is Jada most likely to experience?
   a. Reduced abdominal fat
   b. Reduced insulin sensitivity
   c. Faster blood flow
   d. Increased HDL cholesterol levels
   e. Decreased level of triglycerides

ANSWER: b

60. Identify the overall leading cause of death in the U.S. that is second only to cardiovascular diseases.
   a. Chronic obstructive pulmonary disease
   b. Alcohol abuse
   c. Emphysema
   d. Cancer
   e. Alzheimer's disease

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

Chapter 01: Physical Fitness and Wellness

ANSWER: d

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.
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.

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. Arteries lose flexibility and have a lower capacity to expand and relax. 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. 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. By simply standing up, we activate some of the largest muscles in our body, including leg and hip muscles. They work to keep us upright, requiring blood sugar to fuel themselves. They further release the enzyme that captures triglycerides from the blood to help keep cholesterol levels in check and also help regulate other metabolic processes. The simple act of repeatedly standing and moving throughout the day can change disease risk.

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 U.S. 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.

64. Explain how exercise enhances the brain's learning capacity, touching on the role of the protein brain-derived neurotrophic factor (BDNF).

ANSWER: 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

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank

environment in which the brain is ready, willing, and able to learn.

65. Explain the significance of nonexercise activity thermogenesis (NEAT).

ANSWER: To better understand the impact of all intensities of physical activity, scientists created a new category of movement called nonexercise activity thermogenesis (NEAT). Any energy expenditure that does not come from basic ongoing body functions (such as digesting food) or planned exercise is categorized as NEAT. A person may expend 1,300 calories on an average day simply maintaining vital body functions (the basal metabolic rate) and 200 calories digesting food (thermic effect of food). Any additional energy expended during the day is expended either through exercise or NEAT. For an active person, NEAT accounts for a major portion of energy expended each day. Though it may not increase cardiorespiratory fitness as moderate or vigorous exercise will, NEAT can easily use more calories in a day than a planned exercise session. As a result, NEAT is extremely critical for keeping daily energy balance in check. A growing number of studies are showing that the body is much better able to maintain its energy balance—and, therefore, keep body weight at a healthy level—when the overall daily activity level is high. Variations in NEAT add up over days, months, and years and provide substantial benefits with weight management and health.

Copyright Cengage Learning. Powered by Cognero.

Lifetime Physical Fitness and Wellness 16th edition Hoeger Test Bank