Exercise Physiology 11th edition Powers Test Bank

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Exercise Physiology 11th Edition by Powers CH00

ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

1) The director of the Harvard Fatigue Laboratory was

1) _____

A) A.V. Hill.
B) August Krogh.
C) Otto Meyerhof.
D) David Bruce Dill.

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

2) The European scientist who was awarded a Nobel Prize for his work measuring heat production during muscle contraction and recovery from exercise was

2) _____

A) A.V. Hill.
B) August Krogh.
C) Otto Meyerhof.
D) D.B. Dill.

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

3) The Scandinavian scientist that won the Nobel Prize for his work on the regulation of capillary blood flow to skeletal muscle was

3) _____

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A) A.V. Hill.
B) August Krogh.
C) Otto Meyerhof.
D) D.B. Dill.

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

4) The Harvard Fatigue Laboratory attracted outstanding graduate students. Two alumni of the Harvard Fatigue Laboratory that went on to outstanding research careers are

4) _____

A) D.B. Dill and Erling Asmussen.
B) Steven Horvath and Sid Robinson.
C) L.J. Henderson and D.B. Dill.
D) All of these answers are correct.

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

5) One of the early graduate programs in exercise physiology was established at the University of Illinois in 1941. The founding director of the University of Illinois Exercise Physiology Laboratory was _____.

5) _____

A) Dr. Kirk Cureton
B) Dr. Thomas Cureton
C) Dr. D.B. Dill
D) None of these answers is correct

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Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

6) The American researcher that performed early pioneering studies on progressive resistance exercise training was

6) _____

A) C.G. Douglas.
B) Thomas Cureton.
C) Thomas Delorme.
D) Sid Robinson.

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

7) The founder and director of the influential Institute of Environmental Stress (University of California-Santa Barbara) was

7) _____

A) Steven Horvath.
B) Thomas Cureton.
C) Thomas Delorme.
D) Sid Robinson.

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

8) The researcher that is considered to be the father of exercise biochemistry was

8) _____

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A) John Holloszy.
B) Thomas Cureton.
C) Bengt Saltin.
D) Sandy Williams.

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

9) The outstanding Scandinavian researcher that founded the Copenhagen Muscle Research Center was _____.

9) _____

A) John Holloszy
B) Per-Olof Astrand
C) Bengt Saltin
D) Niels Secher

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

10) The American researcher that was instrumental in promoting research in exercise molecular biology was

10) _____

A) John Holloszy.
B) Sandy Williams.
C) Frank Booth.
D) Steven Horvath.

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Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

11) The discovery that skeletal muscle is an endocrine organ and releases myokines was made by

11) _____

A) Frank Booth.
B) Bente Pedersen.
C) Bengt Saltin.
D) Steven Horvath.

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

12) The scientific method involves a _____ process that begins with the conception of a research question and ends with the publication of the research findings.

12) _____

A) three step
B) four step
C) five step
D) six step

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

13) A category of applied research that uses basic research findings to create new therapies to treat disease is often called _____.

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13) _____

A) translational research
B) developmental research
C) experimental research
D) descriptive research

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

14) The journal _____ is a numerical score that reflects the number of times that recently published articles are cited in the scientific literature. This number is called the journal.

14) _____

A) quality rating
B) index factor
C) impact factor
D) Q index

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

15) Which of the following search engines is NOT considered to be a primary search engine for performing searches for research in exercise physiology?

15) _____

A) Bing
B) PubMed
C) SportDiscus
D) Google Scholar

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Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

16) The first section of a scientific research journal that provides a brief summary of the study is the _____.

16) _____

A) index
B) introduction
C) abstract
D) discussion

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

17) Which of the following criteria is NOT considered a solid yardstick to judge the quality of a published research study?

17) _____

A) Is the question important?
B) Is the study peer-reviewed?
C) Are the authors associated with a highly acclaimed research university?
D) Are the measures performed both valid and reliable?

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

18) Which of the following professional organizations associated with exercise physiology and sports science has the largest number of members?

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18) _____

A) American College of Sports Physicians
B) European College of Sports Sciences
C) American Physiological Society
D) American College of Sports Medicine

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

19) Which of the following statements about certifications are true?

19) _____

A) Numerous professional organizations offer certifications
B) Certifications are credentials that provide respect
C) Certifications are credentials to provide credibility
D) All of these are true

Question Details
Accessibility : Keyboard Navigation
Difficulty : Easy

20) Evidence-based practice in medicine refers to the process of:

20) _____

A) providing patients with one medication at a time to determine which drug is most effective.
B) evaluating all of the research evidence available to make an informed decision about how to best treat disease.
C) trial and error in determining the best treatment for a specific disease.
D) None of these is correct.

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Question Details
Accessibility : Keyboard Navigation
Difficulty : Medium

21) A micro RNA (miRNA) is

21) _____

A) a small RNA molecule that accelerates protein synthesis.
B) a small RNA molecule that regulates gene expression by binding to messenger RNA and preventing the production of a specific protein.
C) a small RNA molecule that regulates cellular metabolism by binding to DNA and increasing the production of messenger RNA.
D) a small RNA molecule that regulates protein degradation in the cell.

Question Details
Accessibility : Keyboard Navigation
Difficulty : Medium

22) Epigenetics is a new and rapidly developing field that

22) _____

A) investigates how genes effect human performance.
B) investigates how micro RNA impact human performance.
C) investigates how damage to skeletal muscle genes promote an impairment in human performance.
D) investigates the changes in gene function that occur without alterations in the DNA sequence of the gene.

Question Details
Accessibility : Keyboard Navigation
Difficulty : Medium

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23) Recent animal studies reveal that endurance exercise training results in a "browning" of white fat cells. This conversion of white fat cells to brown fat cells is important to health because increases in brown fat is associated with _____.

23) _____

A) increased resting energy expenditure
B) improved blood glucose control
C) a decreased appetite
D) Both increased resting energy expenditure and improved blood glucose control are correct

Question Details
Accessibility : Keyboard Navigation
Difficulty : Medium

24) Which of the following statements are true about a correlation coefficient?

24) _____

A) A correlation coefficient is statistical measure of the extent that changes in one variable mathematically predicts the corresponding changes of another
B) Correlation coefficients are expressed as values between +1.5 and -1.5
C) Although a high correlation coefficient suggests that a strong relationship exists between two variables, a numerically high correlation coefficient does not prove cause and effect between the two variables
D) Both A correlation coefficient is statistical measure of the extent that changes in one variable mathematically predicts the corresponding changes of another and Although a high correlation coefficient suggests that a strong relationship exists between two variables, a numerically high correlation coefficient does not prove cause and effect between the two variables are correct

Question Details
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Difficulty : Medium

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25) In a study designed to determine the impact of exercise intensity on heart rate, the exercise intensity is the _____ variable (i.e., manipulated variable) and heart rate is the _____ variable.

25) _____

A) independent; dependent
B) dependent; independent
C) independent; transitional
D) dependent; manipulated

Question Details
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Difficulty : Medium

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Exercise Physiology 11th Edition by Powers CH00

Answer Key

Test name: CH00

1) D
2) A
3) B
4) B
5) B
6) C
7) A
8) A
9) C
10) C
11) B
12) D
13) A
14) C
15) A
16) C
17) C
18) D
19) D
20) B
21) B
22) D
23) D
24) D
25) A

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