Introduction to Physical Education Exercise Science and Sport 11th edition Lumpkin Test Bank

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ANSWERS ARE LOCATED IN THE SECOND PART OF THIS DOCUMENT

TRUE/FALSE - Write 'T' if the statement is true and 'F' if the statement is false.

1) Sportsmanship, discipline, self-confidence, and stress management are desirable affective outcomes of physical education, exercise science, and sport programs.

1) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Topic : Quality of Life

2) Daily physical education is currently required for all students in public and private schools.

2) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Topic : Quality of Life

3) Obesity is a major health problem for children and adults in the United States.

3) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Topic : Obesity

4) Increased cognitive involvement in physical education usually leads to a better understanding of the activity and better execution of skills.

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4) _____

◎ true
◎ false

Question Details
Topic : Objectives or Outcomes of Physical Education, Exercise Science, and Sports Programs
Accessibility : Keyboard Navigation

5) Senior citizens should not participate in vigorous activity because of cardiovascular problems, osteoporosis, and arthritis.

5) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Topic : Quality of Life

6) One valued outcome of a school physical education program is to help students learn how to achieve and maintain a healthy lifestyle.

6) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Topic : Quality of Life

7) According to the research findings of the *2008 Physical Activity Guidelines for Americans*, for most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.

7) _____

◎ true
◎ false

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Question Details
Accessibility : Keyboard Navigation
Topic : Obesity; Research View

8) Physical activity and physical fitness mean the same thing.

8) _____

◎ true
◎ false

Question Details
Topic : Purpose
Accessibility : Keyboard Navigation

9) Individuals with chronic medical conditions should avoid physical activity.

9) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Topic : Obesity

10) Many of the beneficial affects of exercise training from both endurance and resistance activities diminish within two weeks if physical activity is substantially reduced, and benefits disappear within two to eight months if physical activity is not resumed.

10) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Topic : Obesity; Research View

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11) The Surgeon General's *Report on Physical Activity and Health* recommends that people of all ages, both male and female, should participate in moderate amount (minimum of 30 minutes) of physical activity on most, if not all, days of the week in order to enjoy the associated health benefits.

11) _____

- ◎ true
- ◎ false

Question Details
Topic : Importance of Physical Activity
Accessibility : Keyboard Navigation

12) A benefit of physical activity is controlling blood pressure.

12) _____

- ◎ true
- ◎ false

Question Details
Topic : Importance of Physical Activity
Accessibility : Keyboard Navigation

13) Lack of motivation, time, money, physical skills, and knowledge prohibit many people's participation in physical activities.

13) _____

- ◎ true
- ◎ false

Question Details
Topic : Importance of Physical Activity
Accessibility : Keyboard Navigation

14) Muscular strength and muscular endurance mean the same thing.

14) _____

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◎ true
◎ false

Question Details
Topic : Purpose; Research View
Accessibility : Keyboard Navigation

15) Physical activity must be vigorous, defined as exercising above the target heart rate zone, in order to be beneficial.

15) _____

◎ true
◎ false

Question Details
Topic : Purpose
Accessibility : Keyboard Navigation

16) There is no positive relationship between work productivity and level of physical fitness.

16) _____

◎ true
◎ false

Question Details
Topic : Purpose
Accessibility : Keyboard Navigation

17) Wellness includes the emotional, mental, physical, social, and spiritual factors that lead to an overall state of well-being, quality of life, and ability to contribute to society.

17) _____

◎ true
◎ false

Question Details
Topic : Purpose
Accessibility : Keyboard Navigation

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18) Physical activity, while beneficial, does not reduce the risk of hypertension, colon cancer, and diabetes.

18) _____

◎ true
◎ false

Question Details
Topic : Importance of Physical Activity
Accessibility : Keyboard Navigation

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

19) Which of the following is a characteristic of skill-related physical fitness?

19) _____

A) Balance
B) Frequency
C) Intensity
D) Muscular strength
E) Perceptual-motor skills

Question Details
Topic : Purpose; Research View
Accessibility : Keyboard Navigation

20) According to the Surgeon General's *Report on Physical Activity and Health,* when do the beneficial effects of exercise training begin to diminish?

20) _____

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A) Within two weeks
B) Within one month
C) Within two to eight months
D) Within one year
E) The beneficial effects of exercise training are permanent.

Question Details
Accessibility : Keyboard Navigation
Topic : Obesity; Research View

21) What is the principle of training that is defined changing equipment, exercises, and activities to avoid boredom, reduce risk of overuse injuries, and increase motivation or adherence?

21) _____

A) Regularity
B) Overload
C) Progression
D) Variety
E) Individualism

Question Details
Topic : Purpose; Research View
Accessibility : Keyboard Navigation

22) Which of the following describes the principle of training that is defined as placing increasing amounts of stress on the body to cause adaptations that improve fitness?

22) _____

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A) Regularity
B) Overload
C) Progression
D) Variety
E) Individualism

Question Details
Topic : Purpose; Research View
Accessibility : Keyboard Navigation

23) Expecting students to demonstrate good sportsmanship during class activities is an example of which type of physical education objective?

23) _____

A) Affective
B) Cognitive
C) Nationalistic
D) Naturalistic
E) Psychomotor

Question Details
Topic : Objectives or Outcomes of Physical Education, Exercise Science, and Sports Programs
Accessibility : Keyboard Navigation

24) In designing and implementing a fitness program, what are the four most important principles to implement?

24) _____

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A) Frequency, intensity, time, and type
B) Frequency, progression, rest, and individualization
C) Intensity, progression, specificity, and reversibility
D) Intensity, time, progression, and specificity
E) Time, type, variety, and recovery

Question Details
Topic : Purpose; Research View
Accessibility : Keyboard Navigation

25) Which of the following is **not** related to skill-related physical fitness?

25) _____

A) Agility
B) Balance
C) Coordination
D) Reaction time
E) All of the above are related to skill-related physical fitness.

Question Details
Topic : Purpose; Research View
Accessibility : Keyboard Navigation

26) Which of these is a manipulative skill?

26) _____

A) Eye-hand coordination
B) Striking
C) Twisting
D) Walking
E) All of the above are manipulative skills.

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Question Details
Topic : Objectives or Outcomes of Physical Education, Exercise Science, and Sports Programs
Accessibility : Keyboard Navigation

27) Which of the following is **not** a research-proven benefit of physical activity?

27) _____

A) Reduced risk of osteoporosis
B) Reduced risk of diabetes
C) Increased eye-hand coordination
D) Increased maintenance of healthy bones, muscles, and joints
E) Increased alertness and ability to learn

Question Details
Topic : Importance of Physical Activity
Accessibility : Keyboard Navigation

28) Which of these following is a benefit of flexibility?

28) _____

A) Enhances circulation of the blood and healing of muscular injuries
B) Enhances muscle fiber adaptation and hypertrophy
C) Increases muscular strength
D) Improves range of motion of joints
E) Both A and D

Question Details
Topic : Purpose; Research View
Accessibility : Keyboard Navigation

29) Which of the objectives for physical education, exercise science, and sport includes the evaluation, application, synthesis, analysis, comprehension, and acquisition of knowledge?

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29) _____

A) Affective
B) Cognitive
C) Health-related physical fitness
D) Psychomotor
E) Skill-related physical fitness

Question Details
Topic : Objectives or Outcomes of Physical Education, Exercise Science, and Sports Programs
Accessibility : Keyboard Navigation

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

30) Name and describe the five components of health-related physical fitness.

Question Details
Topic : Purpose; Research View

31) What is the difference between sports and athletics?

Question Details
Topic : The Dynamic Fields of Human Movement

32) What are the F.I.T.T. principles?

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Question Details
Topic : Purpose; Research View

33) What is the principle of training of reversibility?

Question Details
Topic : Purpose; Research View

34) What is the principle of training of progression?

Question Details
Topic : Purpose; Research View

35) What is speed?

Question Details
Topic : Purpose; Research View

36) What are any two of the four goals of Healthy People 2020?

Question Details
Topic : Importance of Physical Activity

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37) What are the three outcomes or objectives of physical education and two examples of each?

Question Details
Topic : Objectives or Outcomes of Physical Education, Exercise Science, and Sports Programs

38) Name one example of a perceptual-motor skill.

Question Details
Topic : Objectives or Outcomes of Physical Education, Exercise Science, and Sports Programs

39) What are the five dimensions of wellness?

Question Details
Topic : Purpose

40) What is agility?

Question Details
Topic : Purpose; Research View

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41) What is the principle of training of specificity?

Question Details
Topic : Purpose; Research View

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

42) What is exercise science?

Question Details
Topic : The Dynamic Fields of Human Movement

43) What is the purpose of physical education, exercise science, and sport programs?

Question Details
Topic : Purpose

44) What are basic locomotor and non-locomotor movements?

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Question Details
Topic : Objectives or Outcomes of Physical Education, Exercise Science, and Sports Programs

45) What are three examples of skill-related physical, and what does each mean?

Question Details
Topic : Purpose; Research View

46) What are several reasons why people may choose not to be physically active?

Question Details
Topic : Importance of Physical Activity

47) What is body mass index?

Question Details
Topic : Importance of Physical Activity

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Answer Key

Test name: CH01

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

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26) B
27) C
28) E
29) B
30) Cardiorespiratory endurance — The ability of the lungs, heart, and blood vessels to deliver adequate amounts of oxygen to the cells to meet the demands of prolonged physical activity Muscular strength — The ability to exert maximum force against resistance
Muscular endurance — The ability of muscles to exert sub-maximal force repeatedly over a period of time
Flexibility — The ability of a joint to move freely through its full range of motion
Body composition — Percent body fat or lean body mass

31) Sports are physical activities governed by formal or informal rules that involve competition against an opponent or oneself and are engaged in for fun or reward while athletics are highly organized and structured competitions among skilled athletes.

32) Frequency — how often a person should train
Intensity — how hard a person should exercise
Time — how long or the duration a person should exercise
Type — kind or mode of exercise performed

33) Describes what occurs when fitness improvements are lost when demands on the body are lowered

34) Increasing gradually the stress on the muscles so the body can adapt

35) The skill-related ability to exert force rapidly through a combination of strength and speed

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36) Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.
Achieve health equity, eliminate disparities, and improve the health of all groups.
Create social and physical environments that promote good health for all.
Promote quality of life, healthy development, and healthy behaviors across all life stages.

37) Cognitive — enhancements in academic performance, learning ability, and motivation
Affective — increases in self-confidence, stress management, and positive interactions with people
Psychomotor — improvements in health, fitness, heart functioning, strength, fundamental movement skills, and sport skills

38) Eye-hand coordination; body-eye coordination; any motor response to a visual or auditory cue

39) Emotional, mental, physical, social, and spiritual

40) The ability to change directions rapidly and accurately

41) Training exact areas of muscles, energy systems, and ranges of motion to improve fitness

42) The scientific analysis of the human body in motion, which encompasses exercise physiology, biomechanics, kinesiology, anatomy, physiology, motor behavior, and athletic training

43) To optimize quality of life through a long-term commitment to enjoyable physical activity and sport experiences to meet the varied needs of all individuals

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44) Locomotor movements include walking, running, jumping, leaping, and sliding
Non-locomotor movements include stretching, twisting, pushing, lifting, and swinging

45) Agility — ability to change directions rapidly and accurately
Balance — ability to maintain equilibrium while stationary or moving
Coordination — ability to perform motor tasks smoothly and accurately
Power — ability to exert force rapidly through a combination of strength and speed
Reaction time — ability to respond or react quickly to a stimulus
Speed — ability to quickly perform a movement

46) Lack of leisure time; lack of money; lack of access to facilities and equipment; no available programs; family or work responsibilities; lack of interest; preference for sedentary activities such as watching television or videos, playing computer games, or surfing the web; lack of knowledge and skills about how to participate in sports

47) A person's weight in kilograms divided by his or her height in meters squared

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