# *Foundations of Physical Education Exercise Science and Sport 20th edition Wuest Test Bank*

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# Foundations of Physical Education Exercise Science and Sport 20th Edition by Wuest CH01

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)** Health, recreation, and dance are subdisciplines of physical education, exercise science, and sport.

1) _____

- ◎ true
- ◎ false

**Question Details**
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**2)** Physical activity psychology is concerned with exercise addiction, adherence, and other psychological issues affecting the well-being of people who are physically active.

2) _____

- ◎ true
- ◎ false

**Question Details**
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**3)** Motor learning is the study of human movement.

3) _____

- ◎ true
- ◎ false

**Question Details**
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**4)** Physical education, exercise science, and sport share a common focus—human movement or, more generally, physical activity.

4) _____



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◎ true
◎ false

**Question Details**
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**5)** The rehabilitation sciences, particularly physical therapy, exerted an important influence on the development of sports medicine and adapted physical activity.

5) _____

◎ true
◎ false

**Question Details**
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**6)** Physical activity is a broad term that encompasses exercise, sport, dance, active games, activities of daily living, and active occupational tasks.

6) _____

◎ true
◎ false

**Question Details**
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**7)** Exercise science is a very broad area of study, encompassing many different aspects of physical activity.

7) _____

◎ true
◎ false

**Question Details**
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**8)** Health instruction can encompass many areas, including disease prevention, mental health, nutrition, physical fitness, stress management, and dealing with abuse of drugs and alcohol.

8) _____

◎ true
◎ false

**Question Details**
Accessibility : Keyboard Navigation

**9)** Qualitative research answers questions through words, images, and sounds.

9) _____

◎ true
◎ false

**Question Details**
Accessibility : Keyboard Navigation

**10)** Proper nutrition helps professionals stay abreast of new developments in the field, facilitates communication among professionals, and plays a role in professional activities such as teaching, assessment, and research.

10) _____

◎ true
◎ false

**Question Details**
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**11)** All populations have equal participation rates in physical activity.

11) _____

◎ true
◎ false



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

**12)** Settings for physical education programs include all of the following except:

12) _____

A) community settings.
B) medical settings.
C) school settings.
D) commercial settings.
E) None of the answers is correct.

**Question Details**
Accessibility : Keyboard Navigation

**13)** The text states that all of the following factors influence physical activity levels except:

13) _____

A) educational attainment.
B) height.
C) ethnicity.
D) age.
E) economic status.

**Question Details**
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**14)** Sport medicine is concerned with:

14) _____



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A) injury prevention.
B) the study of skill acquisition.
C) the study of the impact of exercise on the body.
D) activity programs for the disabled.

**Question Details**
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**15)** Which of the following disciplines of physical education, exercise science, and sport deals with an athlete's gait analysis?

15) _____

A) Motor learning
B) Exercise physiology
C) Sport biomechanics
D) Health psychology

**Question Details**
Accessibility : Keyboard Navigation

**16)** _____ is the study of the role of sport in society, its impact on participants in sport, and the relationship between sport and other societal institutions.

16) _____

A) Sport philosophy
B) Sport psychology
C) Sport sociology
D) Sport pedagogy

**Question Details**
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**17)** _____ refers to well-established, officially governed competitive physical activities in which participants are motivated by internal and external rewards.

17) _____

A) Sport
B) Physical education
C) Exercise
D) Physical fitness

**Question Details**
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**18)** Exercise physiology is the study of:

18) _____

A) the methods of physics and mechanics used in human motion and the motion of sport objects.
B) the effects of various physical demands on the structure and function of the body.
C) activity programs for the disabled.
D) the mechanical analysis of skill.

**Question Details**
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**19)** _____ studies the factors that influence the development of abilities essential to movement.

19) _____



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A) Motor development
B) Adapted physical activity
C) Sport pedagogy
D) Biomechanics

**Question Details**
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**20)** _____ include self-chosen activities that provide a means of revitalizing and refreshing one's body and spirit.

20) _____

A) Recreation and leisure
B) Wellness
C) Dance
D) Physical education pedagogy

**Question Details**
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**21)** Identify a true statement about exercise physiologists.

21) _____

A) Clinical exercise testing is not an area of responsibility of exercise physiologists.
B) Exercise physiologists focus exclusively on the mechanisms that can reduce disease progression in athletes.
C) Exercise physiologists are concerned with both acute and chronic adaptations of the various systems of the body to exercise.
D) Design of rehabilitation programs for postcardiac patients is not one of the responsibility areas of exercise physiologists.



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**Question Details**
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**22)** Which of the following is true of physical fitness?

22) _____

A) It requires participants to be motivated by internal and external rewards.
B) It is a measure of the application of science to the study of physical activity.
C) It helps measure the duration, frequency, and intensity of an exercise being performed.
D) It is a state of well-being associated with low risk of premature health problems.

**Question Details**
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**23)** Unlike quantitative research, qualitative research _____.

23) _____

A) is based exclusively on frequency counts
B) describes, correlates, predicts, or explains a hypothesis posed at the beginning of a study
C) answers questions through words, images, and sounds
D) is based on numbers, primarily the statistical analysis of the gathered numeric data

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

**24)** In this text, physical education, exercise science, and sport are defined as one field. In today's society, should they be collectively considered as one field or separately as multiple fields? Explain. What factors can you use to support your stance?



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**Question Details**
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**25)** Compare and contrast the definitions of exercise, physical activity, physical education, physical fitness, and sport. Describe how they are interrelated and examine whether one supersedes the others.

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**26)** Discuss why it is important to grow as a professional once you obtain your degree. Describe the different types of research reports and their application to physical education, exercise science, and sport. Identify the role played by social media in the field of physical education, exercise science, and sport.

**Question Details**
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**27)** What are the accrued benefits of regular physical activity?

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# Foundations of Physical Education Exercise Science and Sport 20th Edition by Wuest CH01
# Answer Key

Test name: CH01

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

25) Answers will vary.



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26) Answers will vary.

27) Answers will vary.



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