Fit And Well (Canadian) 6th edition Fahey Test Bank

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CORRECT ANSWERS ARE LOCATED IN THE 2ND HALF OF THIS DOC.

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

1) Stacey loves to read, watch movies, and sit by a campfire. She is not one to engage in physical activity, and opts to drive to the store rather than walk or bike. Stacey represents which of the following Canadian statistics?
   A) Four out of every ten children are inactive
   B) Two out of every ten adults are active enough to meet physical activity guidelines
   C) Three out of every five people believe the 24-Hour Movement & Activity Guidelines lack realistic goals
   D) Six out of every ten Canadians are in hospital with a serious health issue due to inactivity

2) The 24-Hour Movement Guidelines were developed to:
   A) Provide concrete guidelines as to how Canadians can optimize their health and well-being by exercising 24 hours a week
   B) Educate adults on the important of limiting long periods of sedentary behaviours that would otherwise negatively impact their health and daily living
   C) Address the fact that risk for chronic disease can be reduced with finding a balance of sleep, sedentary behaviours, light physical activity, and moderate-to-vigorous physical activity through 24 hours.
   D) Explore if different groups of people separated by age were able to increase the amount of physical activity they were engaged in

3) Upon retirement, Dennis recognized a need to stop being sedentary, and start being physically active. When sedentary Canadians adopt a more active lifestyle they:
   A) Benefit public health and their own well-being
   B) Cannot improve their health and well-being unless it is planned, structured, and repetitive
   C) Must ensure they achieve a minimum of 24 hours per week to see the physical benefits according to the Canadian Society for Exercise Physiology
   D) Will optimize their health benefits by accumulating at least 60 minutes of moderate-to-vigorous exercise each morning to get their day started with an energy boost

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4) Reagan's son recently turned 18 months old. She spends a lot of time running around after him, making sure he does not get hurt, playing with him, and picking up toys. Sometimes this requires little effort, and other times she requires more energy to keep up with her son. Which of the following is Reagan engaged in?
   A) Sedentary Behaviour
   B) Inactivity
   C) Physical Activity
   D) Exercise

5) As Mr. Carter's physician, you have informed him that prior to the winter season, he should engage with planned and structured exercise to ensure he will be able to shovel snow in the winter. You've given this advice because:
   A) Exercise improves fitness
   B) Exercise confers wide-ranging health benefits
   C) Exercise is essential to health
   D) Exercise improves health and wellness

6) When helping a client design a routine to help improve all the health-related component of fitness, which of the following is important:
   A) Focusing on one health-related component at a time
   B) Exercises need to account for lengthening telomeres as they directly relate to levels of fitness
   C) Specific skills, such as ones related to tennis, she be agreed upon and practiced at least three times a week
   D) Variety is one way to make workouts enjoyable, but also a way to build one or two fitness component every day

7) As the public health manager, you are responsible to develop a media campaign about exercise. Which of the following would be appropriate?
   A) Exercise is the new brain food
   B) Evidence for exercise is good
   C) Exercise for your brain reverses the risks of dementia
   D) Aging and exercise go together like bread and bicycles

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8) You attended an academic conference about the impacts of exercise on brain health. What would you have learned about the positive effect regular physical activity can have on the brain?
   A) Exercise provides protection against injury and degenerative conditions that destroy neurons.
   B) Exercise can destroy pathways for transmitting sensory and motor information, resulting in plasticity
   C) Exercise can expedite the onset of neurodegenerative disorders by delaying the age-related shrinkage of the hippocampus
   D) Exercise can prevent depression among specific populations by inhibiting the release of endorphins

9) Erramun has little interest or motivation in being physically active. However, Erramun recognizes being sedentary is not healthy. What is the minimum intensity level Erramun can participate in to see improvements in his health and fitness?
   A) Vigorous intensity
   B) Dynamic intensity
   C) Moderate intensity
   D) Low intensity

10) Kamal is in a physical fitness competition with their cousin. While training, Kamal wants to engage in only vigorous-intensity activities. Which of the following should Kamal do?
   A) Ballroom dancing
   B) Weight training and bodybuilding
   C) Hand cycling
   D) Water aerobics

11) Leon has been working out for about two months. Although he wants to work at a moderate-to-high intensity level, he is finding it difficult to breathe. Which of the following health-related fitness component does Leon need to improve?
   A) Cardiorespiratory endurance
   B) Muscular endurance
   C) Flexibility
   D) Body composition

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12) Mikhail noticed they were having difficulties vacuuming and performing other chores around the house. After improving cardiorespiratory fitness, Mikhail also noticed which of the following related physical functions?
A) The heart pumping less blood per heartbeat
B) The improved ability to produce oxygen due to adaptations in the heart, circulation, and tissues
C) A resting heart rate that has become slower
D) An improvement in fuel use due to a declined metabolism in skeletal muscle

13) Which of the following health-related fitness component improves the functioning of the body's chemical systems, particularly in the muscles and liver?
A) Cardiorespiratory endurance
B) Muscular endurance
C) Flexibility
D) Body composition

14) You have been asked to assess the fitness levels of various recruits. In your report, who would you identify as having the lower death rate?
A) A recruit with higher levels of body fat, but otherwise fit
B) A recruit who is lean, but has a low cardiorespiratory fitness
C) A recruit with anxiety and depression
D) A recruit who has to take insulin due to type 2 diabetes

15) You are treating Amel who has been complaining of back and leg pain. Which of the following health-related fitness component could help?
A) Cardiorespiratory endurance
B) Muscular strength
C) Flexibility
D) Body composition

16) Jasmina has been a weightlifter and body builder for 20 years. She recognizes that her metabolism is higher than some of her more sedentary friends. Why might this be?
A) Jasmina has lesser muscle mass
B) Jasmina has greater muscle mass
C) Jasmina has lesser fat tissue
D) Jasmina has greater fat tissue

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17) Logan, 74 years of age, wants to try and delay the onset of sarcopenia. What would be a good type of exercise to recommend?
A) Water aerobics three times a week
B) A regime of free weights, weight machines, lunges, and push ups
C) Riding an indoor stationary bicycle every day for at least 30 minutes
D) Activities that involve jumping, such as jump rope, jumping jacks, and squat jumps

18) The ability to resist fatigue and sustain a given level of muscle tension is referred to as:
A) Muscular strength
B) Relative strength
C) Muscular endurance
D) Metabolism

19) Which of the following is related to an increased likelihood of having health problems?
A) An individual with excessive body fat in the abdomen
B) An individual with excessive body fat in the thighs
C) An individual with excessive body fat in the upper limbs
D) An individual with excessive body fat in the lower limbs

20) In an attempt to undo the joint stiffness causes by years of inactivity, Stefaniya has taken up yoga, which is a great example of health-related component of fitness?
A) Cardiorespiratory endurance
B) Muscular endurance
C) Flexibility
D) Body composition

21) Frederick is a basketball player who is working on his ability to quickly and accurately change his body position to be a better defensive player. Which neuromuscular-related fitness skill is he working on?
A) Speed
B) Power
C) Agility
D) Coordination

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22) After discussions with family members and medical professionals, Summer will no longer be renewing her driver's license. She has found that it takes too long for her to recognize the need to slow down and actually move her foot from the gas to the brake pedal. Which neuromuscular-related fitness component does this relate to?
A) Speed
B) Power
C) Coordination
D) Reaction and movement time

23) If an individual wants to improve their skill-related components of fitness, it is important that they:
A) Practice the skill repeatedly
B) Focus on non-sport specific activities
C) First work on developing muscular endurance
D) Speak to a doctor about the safety of neuromuscular-related activities

24) Andre DeGrasse won gold in the men's 200m, and bronze in both the men's 100m and men's 4x100m relay at the Tokyo Summer Olympics. Andre's heart does not need to beat as fast because it has gradually developed the ability to pump more blood with each beat. This physiological change due to exercising training is called:
A) Training
B) Fitness
C) Adaptation
D) Performance

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25) Although the Canadian government does not collect data, who of the following is believed to be less likely to meet physically active guidelines?
A) Children aged 8-12 years
B) Individuals who are 65 years of age and older
C) Individuals with a disability
D) Single parents with multiple jobs

26) To help children and teens with a disability meet goals for daily sleep, sedentary behaviours, and physical activity, which of the following was designed?
A) The Adapted 24-Hour Movement Guidelines for Canadians with a disability
B) The Ability Toolkit
C) The Elite athletes with a disability training guide
D) The YMCA/YWCA independent living for appropriate adaptive equipment

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27) Franklin Henry from the University of California, Berkeley illustrated when designated movements are performed at certain speed, unique skills can be developed. This training principle is also known as?
A) Specificity
B) Progress overload
C) Reversibility
D) Individual differences

28) Cayla used to be a competitive gymnast. Her favourite event was the balance beam. She had hoped that her skills from the balance beam would transfer to skateboarding. However, this was not the case. This is most likely the result of motor patterns in the brain utilizing:
A) Specificity
B) Progress overload
C) Reversibility
D) Individual differences

29) The principle by which the body adapts to the demands of exercise by improving its functioning is known as:
A) Specificity
B) Progress overload
C) Reversibility
D) Individual differences

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30) To have a positive effect on fitness, individuals need to consider what overload amount is too little and too much. What is the term for when fitness can occur within a zone of maximum benefits and an upper limit of safe training?
A) Training Threshold
B) Overload Threshold
C) Maximum Threshold
D) Fitness Threshold

31) Fitness increases only if:
A) The same exercise is performed during every training session
B) The person's genetically determined capacity to adapt to training is considered
C) Overload increases
D) Injury is avoided by implementing a maximum fitness safe training zone

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32) Which of the following components are needed in order to determine the volume of related to a fitness program?
A) Intensity x type
B) Intensity x time
C) Time x type x progression
D) Frequency x intensity x time

33) Aine, Lesley, and Matt get together three to five times a week to exercise to improve their health-related cardiorespiratory fitness. This represents which fitness component?
A) Frequency
B) Intensity
C) Time
D) Volume

34) When starting to train for a local skipping competition, Hester realized the need to space out intensive workouts to promote safe and effective training. These breaks are important for:
A) Overload
B) Progression
C) Recovery
D) Sarcopenia

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35) To develop cardiorespiratory endurance, an individual needs to engage in activities that involve:
A) Lighting heavier weights than normal
B) Stretch muscles beyond their normal length
C) Raise heart rate above normal
D) Exercise as usual for longer periods of time

36) Karl is working on his cardiorespiratory endurance. He is really busy and does not have much time. How can Karl reduce the amount of time spent exercising?
A) Increase frequency
B) Increase intensity
C) Increase mode
D) Increase progression

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37) To obtain fitness benefits with a reduced risk of injury, what exercise prescription should be given?
A) Longer duration, lower frequency
B) Lower time, lower intensity
C) Lower duration, longer intensity
D) Lower intensity, longer duration

38) Although typically prescribed as repetitions, similar amounts of time are advisable for what health-related fitness components?
A) Muscular strength, muscular endurance
B) Muscular strength, muscular endurance, flexibility
C) Cardiorespiratory endurance, muscular endurance
D) Cardiorespiratory endurance, muscular strength, flexibility

39) Maria wants to expend at least 1,000 calories per week in exercise. What will help her achieve her goal?
A) Each week: 75 minutes water aerobics
B) Each week: 30 minutes of archery, and 45 minutes of ballroom dancing
C) Each week: 45-60 minutes of playing volleyball, 30-45 minutes of stair walking, and 45-75 minutes of swimming laps
D) Each week: 75 minutes of circuit weight training

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40) Dilbert had been working out on a weekly basis. However, after a car accident that left him with minor injuries, he has not been to the gym in two weeks. Dilbert has noticed that he has lost some of the fitness improvements he had worked hard for. What is Dilbert experiencing?
A) Sarcopenia
B) Reversibility
C) Overload
D) Resiliency

41) You have been hired by a long-term care facility to develop exercise programs for the residents. What is the first step you should take when developing a physical training plan for the residents?
A) Assess how fit each resident is
B) Talk with the residents to determine what their physical training goals are
C) Determine if exercise is safe for each resident
D) Choose the right activities to help residents reach their goals

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42) Although rare, there are examples of when exercise-related sudden death has occurred. Jiri Fischer, a professional ice hockey defenseman collapsed on a bench during a game for the Detroit Red Wings. Although Fischer's cause of collapse was not officially diagnosed other than heart problems, what is the most common cause of exercise-related sudden death among people 35 years of age and younger?
A) Coronary artery disease
B) Clogged arteries
C) Myocardial ventricular hypotrophy
D) Congenital heart defects

43) Based on a study of joggers in Denmark, the lowest mortality rate was found among:
A) Individuals who jogged a moderate amount
B) Individuals who would classify as being non-joggers
C) Individuals who jogged at a very intense level
D) Individuals who jogged for long distances

44) You are running an exclusive exercise boot-camp and have been reviewing applicant files. Who will you require to receive medical clearance before participating?
A) 26-year-old male who is in general overall health
B) 42-year-old female who is four months pregnant with her third child
C) 33-year-old female who is joining your class because they are obese
D) 38-year-old male who is a part-time firefighter and part-time mason

45) As part of a formal exercise program, what are appropriate activity recommendations to develop cardiorespiratory endurance?
A) Biceps curls and calf raises
B) Side lunge and step stretch
C) Swimming and jogging
D) Jumping rope and bench presses

46) Alison enjoys jogging the riverfront three days a week for 30 minutes. Two nights a week she completes 1 set of 8 lbs weight training exercises. Alison also practices yoga three days per week. Alison's exercise program could be described as:
A) Lifestyle
B) Light
C) Moderate
D) Vigorous

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47) You were assessing a patient who came in to find out if it was safe for them to exercise. As their physician, you were not able to determine their risk based on an appointment in your office. Thus, you referred your patient for a:
A) Graded exercise test (GXT)
B) Physical Activity Readiness test (PARQ+)
C) Canadian Standardized Exam for Physical fitness (CSEP)
D) Medical Clearance assessment test (MCA)

48) After many years as a practicing sport and exercise psychologist, you have come to realize the most effective way to have clients stay motivated about exercise is to:
A) Assess themselves
B) Set and achieve goals
C) Develop a balanced program
D) Workout with a friend

49) When developing a balanced exercise program, you should combine:
A) a physically active lifestyle with an exercise program to develop and maintain fitness.
B) physical activity Training for Health (PATH) with cardiorespiratory endurance.
C) high-intensity interval training (HIIT) with jogging or bicycling.
D) diet and nutrition with a review of all pharmaceuticals.

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50) Reginald wants to be able to carry his groceries home, which is about a distance of 5 city blocks. How best should he stress is body to adapt to his desired goal?
A) Perform bicep curls
B) Practice Yoga
C) Run on a treadmill
D) Complete various sets of forward and side lunges

51) When baseball players perform their warm-up routine, they do so in order to:
A) Decrease muscle temperature
B) Decrease blood flow to the muscles
C) Increase joint stiffness
D) Increase lubricating fluid at joint surfaces

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52) Josef does a variety of circuit exercises to really push himself every Monday. For the next two days, Josef may lift some free weights while swimming a few laps or going for a light jog. Then Josef will engage in a more intense workout again. The type of training that Josef is doing is called:
A) Overloading
B) Adaptation
C) Periodization
D) Overtraining

53) What is the best strategy to suggest to someone interested in exercising?
A) Taking an exercise class every day at 5:45pm
B) Exercising whenever they feel like it
C) Depending on the day, exercising when it is most convenient
D) Alternating between morning, day, and night throughout the week

54) Addison is a competitive cheerleader. She has been asked to lead the team in their warm-up. Which of the following movements would be best for Addison to lead the team through?
A) An intensive circuit of jumping jacks, burpees, and push ups
B) A light jog around the gymnasium followed by skipping on the spot
C) Stretches that include the upper and lower body, as well as the torso
D) A high-intensity interval run that involves sprints and periods of rest

55) Who of the following is best meeting the 24-hour Movement Guidelines?
A) Nicholas, 8 years old, plays in a soccer practice or game for 45 minutes, 3 times a week
B) Fadi, 17 years old, swims every morning for 30 minutes before going to school
C) Giulia, 42 years old, rides her exercise bike every night for at least 45 minutes, thus, getting more than double 150 minutes/week of exercise
D) Josef, 86 years old, makes sure to get 150 minutes or more of exercise each week, but he spreads out his moderate- and light-activities throughout the day

56) Marco arrives at your door. He exhibits rapid breathing and an increased heart rate. Which activity was Marco most likely just doing:
A) Yoga
B) Briskly walking
C) Pushing a car
D) Yard work

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57) Exercise is a subset of physical activity that is:
- A) discontinuous and unplanned.
- B) planned, structured, and repetitive.
- C) not a contributor to physical fitness.
- D) random or unstructured.

58) Which of the following statements MOST accurately describes the approach one can take to achieve the recommended amount of daily physical activity?
- A) You should do it all at once at the same time each day.
- B) Activity must be done all at once, but it does not matter what time of the day.
- C) Physical activity in the morning is better than physical activity in the mid-afternoon.
- D) May be done in multiple parts throughout the day.

59) Participating in an aerobics class for 30 minutes is classified as:
- A) vigorous effort.
- B) moderate effort.
- C) light effort.
- D) maximum effort.

60) The ability of the body to perform prolonged, large-muscle, dynamic exercise at moderate-to-high levels of intensity is known as: TBEXAM.COM
- A) anaerobic capacity.
- B) adaptive capacity.
- C) cardiorespiratory endurance.
- D) muscular endurance.

61) As a person's cardiorespiratory endurance increases, the:
- A) amount of blood pumped per heartbeat decreases.
- B) resting heart rate decreases.
- C) blood volume decreases.
- D) resting blood pressure increases.

62) Heart disease is linked most closely with:
- A) poor cardiorespiratory fitness.
- B) poor muscular strength.
- C) poor flexibility.
- D) poor reaction time.

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63) Muscle strength is defined as:
- A) The ability of the muscle to contract strongly
- B) The amount of force a muscle can produce in one maximum effort
- C) The amount of force a muscle can produce
- D) The amount of force a muscle can produce at a high speed.

64) As a result of aging, older people experience:
- A) An increase in muscle endurance
- B) An increase in muscle fiber thickness and number of muscle cells
- C) A decrease in muscle fiber thickness and number of muscle cells
- D) No changes in muscle composition

65) Strength training can help an individual lose weight because it:
- A) muscle fibers get larger
- B) is an activity that burns a lot of body fat in a short time.
- C) maintains muscle mass which is associated with an increase in metabolism.
- D) decreases one's appetite.

66) Greater muscle mass means faster energy use and a higher rate of:
- A) Heart beat
- B) Blood pressure
- C) Respiratory rate
- D) Metabolism

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67) An elder care facility has been offering regular strength training classes to facilitate health aging. Which of the following benefits can participants expect?
- A) Sarcopenia
- B) Decreasing muscle fiber thickness.
- C) Decreased muscle strength
- D) Increased antioxidant enzymes in the muscles.

68) Muscular endurance is the:
- A) ability to resist fatigue and sustain a given level of muscular tension overtime.
- B) ability to move the joints through a full range of motion.
- C) amount of force a muscle can produce with a single maximum effort.
- D) amount of time required to contract a muscle completely.

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69) Muscular endurance is important for:
- A) Muscle strength
- B) Muscle power
- C) Maintaining good posture
- D) Maintaining blood pressure

70) Having supple and flexible muscles is associated with which of the following?
- A) A lower risk of injury during exercise
- B) An increased metabolism
- C) Reduced strength potential
- D) A higher incidence of back pain

71) Zahara is a fitness tester for a health management and insurance company. When analyzing health body composition, Zahara requires which information:
- A) fat to bone mass
- B) fat to fat free mass
- C) fat to muscle mass
- D) fat to fat mass

72) Healthy body composition is best characterized by a:
- A) high proportion of muscle and bone and a low proportion of fat and water.
- B) high proportion of muscle, fat, and bone and a low proportion of water.
- C) high proportion of bone, fat, and water and a low proportion of muscle.
- D) high proportion of muscle, bone, and water and a low proportion of fat.

73) Oswald is getting married in six months and would like to lose some body fat before his big day. What is the best way for Oswald to lose body fat?
- A) Crash diets.
- B) Exercise alone.
- C) Diet pills and supplements.
- D) A sensible diet and regular exercise.

74) Elija, 83 years old, has been attending a fall-prevention clinic to determine his risk of falling. His vision and medication were deemed not to be risk factors. However, after performing sit-to-stand and timed-get-up-and-go tests, it was realized that the issue was which of the following skill-related components of fitness?
- A) Speed
- B) Power
- C) Strength
- D) Balance

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75) Benefits of exercise for all individuals, inclusive of individuals who have a disability includes which of the following:
A) Emotional declines that help maintain a positive attitude
B) Decreases self-confidence
C) Gain a sense of accomplishment
D) Reduces self-esteem

76) Specificity of training is best shown by which one of the following examples?
A) Weight training to develop cardiorespiratory endurance
B) Doing push-ups to develop muscular strength and endurance in the muscles of the arm
C) Running to develop flexibility
D) Bicycling to develop back strength

77) The overload principle is based on the fact that:
A) fitness levels will not improve without an increase in the intensity and duration of the activity.
B) Maximum intensity is necessary to develop muscular strength.
C) Too much activity will result in a decreased fitness level.
D) A multi-dimensional program is necessary to achieve all components of fitness.

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78) You have been hired to develop a yoga rehabilitation program for cancer survivors. One of the key aspects when developing this program is recognizing how hard participants are working to achieve fitness benefits. Which of the following is important to remember?
A) The intensity level required to obtain health benefits is greater than that needed to improve fitness.
B) Fitness benefits occur when a person exercises harder than their normal level of activity.
C) The appropriate intensity is the same for all people.
D) Fitness benefits occur when a person exercises at the same level of his or her normal level of activity.

79) The time component of the FITT principle for overload for a muscular strength program is:
A) based on the amount of weight lifted.
B) based on the number of training days per week.
C) more than that of a cardiorespiratory fitness program.
D) based on the number of repetitions of specific exercises.

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80) The local recreation centre has asked you to lead classes focused on cardiorespiratory endurance. How much time should you tell them your classes need to be for attendees to see fitness benefits?
A) 5-10 minutes
B) 10-20 minutes
C) 20-60 minutes
D) 60-120 minutes

81) When people stop exercising, some of their fitness improvements are lost in as little as:
A) one week
B) two weeks
C) one month
D) two months

82) Augustus needs to temporarily stop exercising regularly. Which of the following factors should you tell Augustus to maintain while the others are curtailed?
A) Specificity
B) Intensity
C) Frequency
D) Time

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83) The maximal improvement in the body's ability to transport and use oxygen that people can realistically expect as a result of endurance training is about:
A) 5-15%.
B) 5-25%.
C) 40-55%.
D) 60-75%.

84) The Get Active Questionnaire is a self-assessment designed to:
A) establish a proper exercise intensity level.
B) Identify potential exercise resources.
C) Determine exercise safety.
D) Help set exercise goals.

85) An exercise stress test can determine if you have:
A) joint problems.
B) excess body fat.
C) excess emotional stress.
D) symptoms of heart disease.

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86) Long-lasting commitment and attainment of physical fitness goals are most successful when the goals:
A) require considerable material rewards.
B) Are linked to your peers' perceptions.
C) Are clear and important to you personally.
D) Focus on the long term rather than the short term.

87) Vitor is interested in being more physically active. However, he is only interested in activities that would require light effort. Which of the following would be appropriate to recommend to Vitor?
A) Walking, climbing stairs, and yard work.
B) Jogging, swimming, and bicycling.
C) Weightlifting.
D) Cross-country skiing.

88) You had referred Noah to complete a fitness assessment. Upon reviewing the results, you have valuable information that allows you to establish Noah's:
A) workout routine.
B) exercises to promote proper sarcopenia development.
C) specific skill-related fitness components.
D) effective health-related fitness goals.

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89) Stewart has asked you to help him improve the amount of force his muscles can produce with a single maximum effort while resisting fatigue to sustain a given level of tension. You should recommend activities that:
A) involve continuous rhythmic movements of large muscle groups.
B) gently extend joints beyond their normal range of motion.
C) involve working with weights and/or performing calisthenic exercises.
D) Rhythmic activities involving large muscle groups.

90) Healthy body composition is developed best by the combination of:
A) unhealthy food choices, weight training, stretching, and cardiorespiratory endurance exercise.
B) healthy food choices, resistance training, and cardiorespiratory endurance exercise.
C) high-carbohydrate, high-protein diet, resistance training, and stretching.
D) low-fat diet, stretching, and cardiorespiratory endurance exercise.

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91) For 12 months Amber has been working towards improving her fitness. Her friends ask her how it is going, and she frustratingly states she is not really seeing any changes. This is most likely because Amber is forgetting a key to improving fitness is to:
A) exercise very hard.
B) exercise consistently.
C) exercise when you feel like.
D) exercise for long periods of time.

92) Wynonna has been practicing her soccer skills in the backyard every morning and every night for the last few years. She is at a point in her skill development that she is experiencing overtraining. What is a consequence of overtraining that Wynonna may also be experiencing?
A) Lowered blood pressure
B) Impeded motivation
C) Stronger bones
D) Increased cardiovascular fitness

93) Some athletes return home from the Olympic or Paralympic games and become ill with cold and flu like symptoms. These athletes may be experiencing:
A) a moderate fitness program.
B) lifestyle physical activity.
C) a vigorous fitness program.
D) overtraining.

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94) You are working as an athletic therapist for a local minor league team. You have noticed that some of your players are experiencing injuries because they prefer to shower immediately after a practice or game. Why is it essential to their safety that players cool down prior to their shower?
A) It restores circulation to its normal resting condition.
B) It extends the duration of the cardiorespiratory endurance portion of the workout.
C) It increases the chance of overtraining.
D) It is most effective for workouts of less than 20 minutes in duration.

95) Personal safety while exercising can be enhanced by:
A) training alone.
B) wearing shoes or clothing with reflective tape.
C) demanding your right-of-way regardless of others.
D) training in isolated areas.

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96) CrossFit is known for providing clients with WODs (workouts of the day) which provide a variety in activities to develop a higher degree of fitness. Varying your exercise can also:
A) Help you train with a partner
B) Decrease the blood circulation directed to the skin
C) Reduce your risk of injury
D) Appraise your overtraining progression

97) Carly is interested in purchasing a digital tracker to help her monitor her heart rate while she works out. Which of the following is a good piece of advice she should keep in mind?
A) Purchase the one that is most popular among her friends
B) Choose the app that can track distance, steps, and even if she runs hills during her workout
C) Consider only the devices that monitor the progress of her work out program
D) Confirm that the digital tracker is compatible with her smartphone or computer

98) Which of the following personal trainers matches the description of who performed the best on a basic exam testing training methods, exercise physiology, and biomechanics, as determined by UCLA researchers?
A) An individual with a university/college degree in kinesiology or related field
B) An experienced teacher of an exercise or fitness class
C) A person who looks and is known to be physical fit
D) A fitness influencer

99) To ensure a successful exercise session, it is important to:
A) not eat for several hours prior to avoid cramping.
B) do the same activity every time.
C) participate in activities that are fun and interesting.
D) to not miss one session otherwise all health gains will be lost.

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

100) _____ refers to a planned, structured, repetitive movement intended specifically to improve or maintain physical fitness.

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101) _____ is the amount of force a muscle can produce with a single maximum effort.

102) _____ is the ability to maintain equilibrium while moving or while stationery.

103) The amount of exercise when increased progressively improves fitness. This principle is called _____.

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104) _____ is the performance of different types of activities that cause the body to adapt and improve its level of fitness.

105) Active people who stop exercising can expect their heart attack risk to increase by _____.

106) Exercise is safe for you, if you are male ___ years of age or younger or female ____ years of age and younger and in good health, and may not require a medical clearance.

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107) During exercise, as much as ____% of circulating blood is directed to the muscles and skin, up from as little as ____% during rest.

108) Excessive training or excessive increase in intensity may lead to increased occurrence of sports injuries or one becoming _____.

109) You are working with Glenn to help him set his personal goal for physical activity and exercise. Through conversations you learn that Glenn is 52 years old, married with three children, enjoys evening walks with his spouse, rides his bike to work when the weather is good, and that his doctor said there were no health concerns after his last physical and health check-up which was seven months ago. Glenn also told you that the reason behind wanting to create a personal goal for physical activity and exercise plan was to be able to join his brother in a year climbing Mount Fuji in Japan. By gaining this information from Glenn, you know about what three things that Glenn should be considering as he sets his personal goal?

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110) Exercise has been described as the new "brain food" among scientists. What are three of the six benefits of regular physical activity that provide positive effects on the human brain?

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111) You have been hired to develop Physical Activity and Exercise Recommendations for Promoting General health, Fitness, and Weight Management based on the goals of the clients. What recommendations would you provide for the following clients?
Yvona who is concerned about her health in general.
Beckham who has diabetes and is attempting to maintain his weight.
Radek who is middle-aged and has recently experienced a fall.

112) Identify and define the various health-related components of physical fitness for each of the following individuals:

Elena is training to become a ballerina. She is practicing her abilities to keep hold of good posture and beautiful poses for extended periods of time.
Theo was recently discharged from the hospital after having his gallbladder removed. He was told to start a physical activity program and better health eating to alter the proportion of fat in his body to prevent future health problems.
Dmitrei is engaging in exercises that increases his blood volume and improves his blood supply to tissues. One of the benefits of the exercise Dmitrei has been doing is that his body can now cool itself better.
Dorothea went to her doctor because she was concerned she had arthritis. Her doctor informed her that she was actually just experiencing joint stiffness due to inactivity and recommended that she start attending water aerobics classes.
Louise wants to be able to kick a soccer ball further.

113) What are the benefits of improvement in cardiorespiratory fitness?

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114) Identify and define the various skill-related components of fitness.

115) You have designed the following exercise program:

Cycling 30 minutes a day, three time a week at a moderate-to-vigorous pace
Free weights 10-to-15 minutes a day
Walking at a moderate pace 10 minutes a day
Yoga 45 minutes a day, two times a week working at a low-to-moderate rate
Identify the different components of the FITT principle in the program listed above.

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116) Why is it necessary to get medical clearance prior to starting an exercise program?

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117) D'vonne has been pushing her brother and sister to join her at the gym. D'vonne has been going for approximately three years, and loves to take the spin and step classes. Her sister Janelle was more interested in weights. Since working on weights, both D'vonne and Janelle have noticed that they have more energy but find certain activities that require strength easier to complete. Upon seeing the fun and success his sisters were having, Tyler decided to go to the gym too. After a few weeks of going to the gym, Tyler is no longer feeling as much pain in his muscles compared to when he first started. Identify which person is at which of the three phases of an exercise program.

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118) There are several guidelines that will enable an effective and successful training program. Name five.

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Answer Key

Test name: Chapter 02

1) B
2) C
3) A
4) C
5) A
6) D
7) A
8) A
9) D
10) C
11) A
12) C
13) A
14) A
15) B
16) B
17) B
18) C
19) A
20) C
21) C
22) D
23) A
24) C
25) C
26) B
27) A
28) A
29) B
30) A
31) C
32) D
33) A
34) C
35) C
36) B
37) D

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38) B
39) C
40) B
41) C
42) D
43) A
44) C
45) C
46) C
47) A
48) B
49) A
50) A
51) D
52) C
53) A
54) B
55) D
56) C
57) B
58) D
59) A
60) C
61) B
62) A
63) B
64) C
65) C
66) D
67) D
68) A
69) C
70) A
71) B
72) D
73) D
74) D
75) C
76) B
77) A

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78) B
79) D
80) C
81) B
82) B
83) B
84) C
85) D
86) C
87) A
88) D
89) C
90) B
91) B
92) B
93) D
94) A
95) B
96) C
97) D
98) A
99) C
100) Short Answer
Exercise

101) Short Answer
Muscle strength

102) Short Answer
Balance

103) Short Answer
progressive overload

104) Short Answer
Physical training

105) Short Answer
300%

106) Short Answer

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40; 50

107) Short Answer
90; 20

108) Short Answer
overtrained

109) Short Answer
- current activity level
- health status
- overall goals

110) Short Answer
Any three of the following:

- Endurance and resistance exercise improve cognitive function-the brain's ability to learn, remember, think, and reason.
- Exercise can be help overcome the negative effects of a poor diet on brain health.
- Exercise promotes the creation of new nerve cells (neurons) in the brain and throughout the nervous system. By promoting this process (called neurogenesis), exercise provides some protection against injury and degenerative conditions that destroy neurons. Physical activity is less effective for promoting brain health when exercising in polluted air.
- Exercise enhances the entire nervous system's plasticity-its ability to change and adapt. In the brain, spinal cord, and nerves, this can mean developing new pathways for transmitting sensory information or motor commands.
- Exercise has a protective effect on the brain as you age, helping to delay or even prevent the onset of neurodegenerative disorders such as Alzheimer's disease. Exercise can reduce age-related shrinkage of the hippocampus, a brain structure involved in memory, learning, and emotions.
- Exercise reduces anxiety. This finding is consistent independent of culture, gender, age, education, and socioeconomic status. It promotes the release of endorphins, which in turn promotes feelings of well-being and prevents depression.

111) Short Answer

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Yvona, goal is increased health benefits = exercise at moderate intensity for 300 minutes per week or at a vigorous intensity for 150 minutes per week.

Beckham, goal is to achieve or maintain weight loss = exercise moderately for 60-90 minutes per day on most days of the week.

Radek, goal is neuromuscular training = older adults should do balance training at least two or three days per week. Examples include yoga, tai chi, and balance exercises (standing on one foot, step-ups, and walking lunges). These exercises are also beneficial for young and middle-aged adults.

112) Short Answer
Dmitrei = Cardio respiratory endurance: is the ability to perform prolonged, large muscle dynamic exercise at moderate to high levels of intensity.
Louise = Muscular strength: is the amount of force a muscle can produce with a single maximum effort.
Elena = Muscular endurance: is the ability to resist fatigue and sustain a given level of muscle tension/contraction for prolonged duration of time.
Dorothea = Flexibility: is the ability to move the joints through their full range of motion.
Theo = Body composition: refers to the proportion of fat and fat-free mass

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113) Short Answer
- The heart pumps more blood per heartbeat.
- Resting heart rate slows.
- Blood volume increases.
- Blood supply to tissues improves.
- The body can cool itself better.
- Resting blood pressure decreases.
- Metabolism in skeletal muscle is enhanced, which improves fuel use.
- The level of antioxidant chemicals in the body increases and oxidation decreases. During metabolism, the body naturally produces chemicals called free radicals (oxidative stress) that cause cell damage. Exercise training increases the production of antioxidants that help neutralize free radicals.

114) Short Answer

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Speed: is the ability to perform a movement in a short period of time.

Power: is the ability to exert force rapidly, based on a combination of strength and speed.

Agility: is the ability to change the position of the body quickly and accurately.

Balance: is the ability to maintain equilibrium while moving or while stationary.

Coordination: is the ability to perform motor tasks accurately and smoothly using body movements and the senses.

Reaction and movement time: is the ability to respond and react quickly to a stimulus.

115) Short Answer
FITT refers to:

- frequency: three times a week
- intensity: example low-to-moderate rate
- time: example 45 minutes a day
- and type of exercise: cardio = cycling, resistance training = free weights

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116) Short Answer
- People of any age who are not at high risk for serious health problems can safely exercise at a moderate intensity without a prior medical evaluation.
- This is appropriate for males younger than 40 years, and females younger than 50 years of age.
- If an individual does not meet these age criteria, or if they have health problems, they should consult their doctor prior to starting an exercise program.

117) Short Answer
Tyler = beginning phase: the body adjust to the new type and level of activity.
D'vonne & Janelle = making progress phase: fitness increases
D'vonne = maintenance phase: the targeted level of fitness is sustained over the long term

118) Short Answer

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Any five of the following:

- Train the way you want your body to change.
- Train regularly.
- Start slowly, and get in shape gradually.
- Warm-up before exercise.
- Cool-down after exercise.
- Exercise safely.
- Listen to your body and get adequate rest.
- Cycle the volume and intensity of your workouts.
- Vary your activities.
- Train with a partner.
- Train your mind.
- Furl your activity appropriately.
- Have fun.
- Track your progress.
- Get help and advice if you need it
- Keep your exercise program in perspective.

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Chapter 2: Basic Principles of Physical Fitness

LEARNING OBJECTIVES

After reading this chapter, the student will be able to:

- Describe how much exercise is recommended for developing health and fitness. **(LO1)**
- Identify the components of physical fitness and the way each component affects wellness. **(LO2)**
- Explain the goal and basic principles of training. **(LO3)**
- Describe the principles involved in designing a well-rounded exercise program. **(LO4)**
- List the steps for making an exercise program safe, effective, and successful. **(LO5)**

EXTENDED LECTURE OUTLINE

Introduction

Although people vary greatly in their levels of physical fitness, everyone can ultimately achieve the benefits from regular physical activity based on sound physical training principles.

I. Physical Activity and Exercise for Health and Fitness (LO1)

A. Canadians know that inactivity is a serious health issue. This means it is time to do something to increase the amount of activity we get each day.

1. Only 2 in 10 Canadian adults and 4 in 10 Canadian children are active enough to meet Canada's 24-Hour Movement & Guidelines.

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2. We can increase daily activity by trying to 'move more, sit less'.
3. Canada's 24-Hour Movement Guidelines suggest ways to increase activity across the entire day.

B. Physical Activity on a Continuum
Physical activity is movement carried out by skeletal muscles that requires energy.

1. Exercise is planned, structured, repetitive movement intended to improve or maintain a level of fitness.
   a. Level of fitness depends on the following:

      -Physiological factors, i.e. heart's ability to pump blood

      -Genetics

      -One's own behavior

2. Lifestyle physical activity for health promotion
   a. Healthy adults should accumulate 150 minutes of moderate-to-vigorous intensity aerobic physical activity per week
   b. The daily total of lifestyle activity can be accumulated on multiple short bouts of at least 10 minutes or more.
   c. Avoid inactivity, since this will contribute to a sedentary lifestyle and increased risk of obesity.

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C. *How Much Physical Activity Is Enough? (***L01)**

1. The amount of activity is based on an individual's health status and goals.
2. Regular physical activity promotes health and can protect one from chronic diseases.
3. For better health and well-being, participate in a structured exercise program that develops all areas of fitness. Any increases will improve your health and well-being.
4. Fit people have more energy and better body control.
5. Regardless if you like sports, you need physical energy and stamina in one's daily life.

II. Health-Related Components of Physical Fitness (LO2)

A. *Cardiorespiratory Endurance*

1. Cardiorespiratory endurance is the ability to perform prolonged large-muscle dynamic exercise at moderate to high levels of intensity.
2. It is a central component of fitness that trains the heart and lungs, making them functionally stronger and more efficient.

B. *Muscular Strength*

1. Muscular strength is the amount of force a muscle can exert with a single maximum effort.
2. Adequate muscular strength is important for performance of daily tasks and body alignment; an increase in muscle mass means a higher rate of metabolism and faster energy use.
3. Maintaining strength and muscle mass is also vital for healthy aging.

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C. *Muscular Endurance*

1. Muscular endurance is the ability to resist fatigue and sustain a given level of muscle tension. This allows the muscles to contract longer over a period of time.
2. It is important for good posture, injury prevention, and performance of physical tasks.

D. *Flexibility*

1. Flexibility is the ability of joints to move through their full range of motion.
2. Flexible, pain-free joints are important for good health and well-being.

E. *Body Composition*

1. Body composition is defined as the proportion of fat and fat-free mass (muscle, bone, and water) in a body.
2. Healthy body composition reduces the risk of heart disease, high blood pressure, stroke, joint pain, type II diabetes, some types of cancers, and lower back pain.

F. *Skill (neuromuscular)-Related Components of Fitness*

Speed, power, agility, balance, coordination, reaction and movement time are essential to perform sport-related activities successfully. These components do not contribute to all health-related fitness concepts but can help build your fitness and contribute to enjoyment of certain activities.

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III. Principles of Physical Training: Adaptation to Stress (LO3)

A. The human body adjusts to meet increasing demands placed on it; the greater the demand, the greater the adjustment made. These changes are called adaptations.

B. Over time, short term adjustments lead to long-term changes and improvements in fitness levels.

C. Training Principles

1. Specificity—Adapting to Type of Training
   Exercises tend to target specific areas, and a well-rounded exercise program should include exercises geared to each component of fitness.

2. Progressive Overload—Adapting to Amount of Training
   As the amount of exercise is progressively increased, fitness continues to improve. The amount of overload needed to maintain or improve a level of fitness for a particular fitness component is determined through four dimensions, represented by the acronym FITT-VP:

   a. Frequency (F)— how often:
      For most people, a frequency of 3 to 5 days per week for cardiorespiratory endurance and 2 to 3 days per week for resistance and flexibility training is appropriate.

   b. Intensity (I)— how hard:
      Intensity refers to how difficult the exercise is. Fitness benefits occur when exercise is more intense than a normal level of activity such as lifting heavier weights or stretching farther than usual.

   c. Time (T)— how long (duration):

      (1) Cardiorespiratory endurance requires at least 20 to 60 minutes of exercise; other components are usually measured in repetitions such as 50 sit-ups.

      (2) Intensity of the exercise affects duration. High intensity should be done for shorter periods of time, and low intensity should be done for longer periods. If you are not athletic, it is better to start with low intensity and long duration to lessen the risk of injury.

   d. Type (T)— mode of activity
      Type of exercise varies with each fitness component and with personal fitness goals.

   e. Volume (V) – how much

      Is the product of frequency, intensity, and time – the FIT of exercise. The same volume of exercise can be accomplished in a shorter or longer time frame, depending on the FIT variables.

   f. Progression (P) – how a program advances over time

      Fitness levels off as the body adapts to training. As a result, you need to gradually overload over time to improve fitness.

D. Reversibility—Adapting to Reduction in Training

1. The benefits of fitness are reversible. Just as the body can adapt to higher levels of activity and become more fit, it can adapt to lower levels of activity and become less fit.

2. Training must be consistent in frequency, intensity, and duration to maintain fitness.

3. When a person stops exercising, some fitness improvements can be lost in as little as two weeks.

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4. If you must temporarily curtail your training, you can maintain your fitness improvements by keeping the intensity of your workouts constant while reducing their frequency or duration.

E. Individual Differences—Limits on Adaptability

1. There are large differences in our ability to improve fitness and perform skills.
2. Some of our ability is genetically predetermined, but for the average individual, adaptability is enough to achieve fitness goals.
3. Physical training improves fitness for everyone, regardless of heredity.

IV. Designing Your Own Exercise Program (LO4)

Physical training works best when you follow a plan.

A. Getting Medical Clearance

Certain populations and individuals with health problems should see their physician before starting a vigorous exercise program.

B. Assessing Yourself

The first step is to assess your current level of fitness for each of the five health-related fitness components. The results will help set up specific fitness goals and create the program.

C. Setting Goals

Think carefully about what goals will motivate you to begin and stay with an exercise program. Most sport psychologists think setting and achieving goals is the most effective way to stay motivated with regards to exercise.

D. Choosing Activities for a Balanced Program

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Your fitness program should combine an active lifestyle with a systematic exercise program. The balanced program includes activities to develop all health-related components of fitness.

1. Cardiorespiratory endurance is developed through activities that involve continuous rhythmic movements of large-muscle groups.
2. Muscular strength and endurance are developed through resistance training or calisthenics.
3. Flexibility is developed by stretching major muscle groups regularly with proper techniques.
4. Healthy body composition is developed through a sensible diet and a program of regular exercise.

E. Guidelines for Training **(LO5)**

1. Train the way you want your body to change. Exercise according to what you want to accomplish: for greater strength, lift weights; for more flexibility, stretch.
2. Train regularly. Consistency is the key to improving fitness.
3. Start slowly, and get in shape gradually.
   a. An exercise program can be divided into three phases:
      - Beginning phase: The body adjusts to the new type and level of activity.
      - Progress phase: Fitness increases.
      - Maintenance phase: The targeted level of fitness is sustained over the long term.
   b. As you progress, increase duration and frequency before increasing intensity.

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c. If you train too much or too intensely, you are more likely to suffer injuries or become overtrained, a condition characterized by lack of energy, aching muscle and joints, and decreased physical performance.

4. Warm ups before exercise can decrease your chances of injury by helping your body gradually progress from rest to activity.
5. Cool downs after exercise can restore circulation to its normal resting level.
6. Exercise safely with partners, and use good-quality equipment and protective gear.
7. Listen to your body and get adequate rest. Although you should maintain a structured, consistent workout program, don't exercise if it doesn't feel right.
8. Cycle the volume and intensity of your workouts. Some days train intensely and other days train more lightly.
9. Vary your activities. Try varying the type of training you do during different times of the year.
10. Train with a partner. Training buddies can motivate and encourage you and ensure that you're exercising correctly.
11. Train your mind. Be committed, disciplined, patient, and positive about yourself and your goals.
12. Fuel your activity appropriately through good nutrition including rehydration and resynthesis of liver and muscle carbohydrate stores.
13. Have fun, and you will most likely stick with an exercise program.
14. Tracking your progress can help keep you motivated and plot your fitness status.
15. Get help and advice if you need it. Fitness professionals are trained to help you learn the basics of training. Look for proper qualifications so you can choose your trainer carefully.
16. Keep your exercise program in perspective. Training should not consume all of your time and energy—wellness also requires mental health, good relationships with family and friends, and relaxation.

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V. Tips for Today and the Future

Right now you can try to find time for some exercise in the next few days. In the future, you might consider your weekly schedule and consistent days and times to exercise.

LECTURE RESOURCES

PowerPoint Slides

A complete set of PowerPoint slides for this chapter is available in the Instructor's Resource section of Connect.

Suggested Group Activities

1. Have students form pairs and take 5 minutes to discuss each of these topics related to Canada's 24-Hour Movement Guidelines.
   a. What is the importance of the 24-Hour Movemenr Guidelines?
   b. How much activity is recommended in the 24-Hour Movement Guidelines for each age group?
   c. How much activity do you normally perform in a week?

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d. What activity would you choose to perform to meet the Guideline's recommendation? Why?
e. How long would you have to perform this activity to burn 1,000 calories each week?

2. Have students form small groups of 3 to 5 people each, and appoint a secretary to take notes on each discussion. Take 5 minutes to discuss the following questions about motivation to exercise:
   a. What are your reasons for not exercising?
   b. What are the benefits of exercise?
   c. Which of the benefits of exercise is most important to you? Why?

Have each group choose one reason given for not exercising (e.g., insufficient time, too expensive). Write the reasons on a whiteboard or on a blackboard. Then have the students suggest ways to overcome each obstacle.

Laboratory Activities

** In all Laboratory activities, an instructor's preamble should include a proviso that if students find these lab activities triggering for a negative emotion or response, they should contact the instructor for an alternate assignment. **

Laboratory Activities located in the textbook:

Lab 2-1: Safety of Exercise Participation
Part I, the Get Active questionnaire, helps students determine whether exercise is safe for them and whether they need to consult a health care provider or Qualifified Exercise Professional before beginning a fitness program. Part II of the lab is a general health profile designed to further assess the safety of exercise for the student.

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Lab 2-2: Overcoming Barriers to Being Active
This questionnaire asks students a series of questions to help them identify key barriers to physical activity, including factors such as lack of time and fear of injury. The second part of the lab offers recommendations for overcoming common barriers.

Lab 2-3: Using a Fitness Tracker or Smartphone App to measure Physical Activity
This lab asks students if they would be more motivated to increase daily physical activity if they had an easy way to monitor their level of activity. This labs has students wear a pedometer for a week to obtain a baseline average daily number of steps. Then they are aided in setting appropriate goals for increasing their exercise levels.

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