Fit and Well 14th edition Fahey Test Bank

SKU: 9781264013081-TEST-BANK

Fit and Well 14th Edition by Fahey 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) The wellness concept defines health as the absence of disease.

1) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Topic : Wellness
Gradable : automatic

2) Self-confidence is one characteristic of a person who possesses good emotional health.

2) _____

◎ true
◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Topic : Self-Care
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

3) In 1850, a person was most likely to die of chronic disease.

3) _____

◎ true
◎ false

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Chronic Diseases
Topic : Causes of Death
Gradable : automatic

4) Under the Affordable Care Act (ACA), health insurance costs will likely decrease.

4) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Public Policy
Gradable : automatic

5) Most health problems occur at the same rate for men and for women.

5) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Risk Factors
Topic : Sex Differences
Topic : Health Equity/Health Disparities
Gradable : automatic

Fit and Well 14th edition Fahey Test Bank

6) Women are at a greater risk for depression than are men.

6) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Risk Factors
Topic : Sex Differences
Topic : Health Equity/Health Disparities
Gradable : automatic

7) Approximately 75% of all Americans exercise regularly.

7) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Wellness Lifestyle Behaviors
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Exercise
Gradable : automatic

8) Regular exercise is a crucial factor in preventing chronic disease.

8) _____

- ◎ true
- ◎ false

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Wellness Lifestyle Behaviors
Learning Objective : Identify healthy lifestyle behaviors.
Topic : Exercise
Gradable : automatic

9) Prevention is the most effective way of dealing with chronic disease.

9) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Bloom's : Understand
Topic : Chronic Diseases
Learning Objective : Identify healthy lifestyle behaviors.
Topic : Wellness
Gradable : automatic

10) Reliable sources of health information include recognized medical or academic journals, government agencies, and peer-reviewed medical studies.

10) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Critical Thinking
Topic : Wellness
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Evaluate fitness and wellness information.
Gradable : automatic

Fit and Well 14th edition Fahey Test Bank

11) An external locus of control reinforces motivation and commitment during a behavior change program.

11) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Topic : Locus of Control
Learning Objective : Discuss factors that impact wellness behaviors.
Gradable : automatic

12) People in the contemplation stage of change plan to take action within a month.

12) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Identify stages of behavior change.
Topic : Stages of Behavior Change
Topic : Transtheoretical Model of Change
Topic : Contemplation
Gradable : automatic

13) Food rewards are highly recommended for successful behavior change.

13) _____

- ◎ true
- ◎ false

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Create a plan for behavior change.
Topic : Goal Setting
Topic : Behavior Change Planning
Gradable : automatic

14) Breaking a plan into smaller steps that a person can accomplish one day at a time may reduce procrastination.

14) _____

- ◎ true
- ◎ false

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Goal Setting
Learning Objective : Identify strategies for increasing motivation for change.
Topic : Behavior Change Planning
Gradable : automatic

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

15) Which is one of the nine dimensions of wellness?

15) _____

A) logical wellness
B) ecological wellness
C) dietary wellness
D) spiritual wellness

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Topic : Spiritual Wellness
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

16) Which of the following is specifically associated with physical wellness?

16) _____

A) eating well
B) self-confidence
C) compassion
D) a support network

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Bloom's : Understand
Topic : Physical Fitness
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

17) Which dimension of wellness includes optimism, trust, and self-confidence?

17) _____

A) physical wellness
B) emotional wellness
C) spiritual wellness
D) interpersonal wellness

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Topic : Relationships
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

18) The ability to think critically is an aspect of _____ wellness.

18) _____

A) emotional
B) intellectual
C) interpersonal
D) spiritual

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Topic : Critical Thinking
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

19) Which activity best describes emotional wellness?

19) _____

A) taking time to explore your thoughts and feelings
B) getting regular medical checkups
C) being open to new ideas
D) finding principles by which to live your life

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Bloom's : Understand
Topic : Self-Care
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

20) Which best describes spiritual wellness?

20) _____

A) participation in community work
B) prevention of injuries
C) an ability to share feelings with others
D) possession of a set of guiding beliefs that give meaning to life

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Topic : Spiritual Wellness
Bloom's : Understand
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

21) Which element does environmental wellness include?

21) _____

A) trust
B) communication skills
C) meditation
D) waste reduction

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

22) Which following specifically helps improve interpersonal wellness?

22) _____

A) a network of caring people
B) a great degree of self-confidence
C) good physical health
D) an active, creative mind

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Topic : Relationships
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

23) Which type of wellness involves the ability to live within your means and to manage your money?

23) _____

A) interpersonal
B) financial
C) environmental
D) spiritual

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Topic : Wellness Lifestyle Behaviors
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

24) Which of the following describes occupational wellness?

24) _____

A) the ability to manage money
B) the level of fulfillment gained from one's work
C) the livability of one's surroundings
D) the quality of one's communication skills

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

25) What was the approximate life expectancy in 1850?

25) _____

A) 40 years
B) 50 years
C) 60 years
D) 70 years

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Life Expectancy
Gradable : automatic

26) What was the most serious threat to a person's health in 1850?

26) _____

A) coronary heart disease
B) cancer
C) infectious disease
D) stroke

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Infectious Diseases
Gradable : automatic

27) How did the average life expectancy change between 1850 and 2017?

27) _____

A) Life expectancy decreased by 10 years.
B) Life expectancy increased by 10 years.
C) Life expectancy nearly doubled in length.
D) Life expectancy nearly tripled in length.

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Life Expectancy
Gradable : automatic

28) Which is an indication of financial wellness?

28) _____

A) having many credit cards
B) controlling your use of credit cards
C) maintaining a high debt
D) investing instead of saving

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Bloom's : Understand
Topic : Wellness Lifestyle Behaviors
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : automatic

29) Which type of condition is defined as a disease that develops and continues over a long period?

29) _____

A) chronic disease
B) infectious disease
C) terminal disease
D) subclinical disease

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Chronic Diseases
Gradable : automatic

30) What are the two leading causes of death in the United States?

30) _____

A) cancer and cirrhosis
B) stroke and heart disease
C) heart disease and cancer
D) diabetes and osteoporosis

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Causes of Death
Gradable : automatic

31) What is the leading cause of death for people between 15 and 24 years old living in the United States?

31) _____

A) heart disease
B) suicide
C) accidents
D) cancer

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Causes of Death
Gradable : automatic

32) Which of the following is a main component of the Affordable Care Act (ACA)?

32) _____

A) the federal government providing assistance in paying premiums for those who are below income requirements
B) the establishment of individual health promotion goals
C) the creation of nutritional guidelines
D) the founding of a federal agency to oversee health concerns

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Public Policy
Gradable : automatic

33) Which is a characteristic of the U.S. government's Healthy People reports?

33) _____

A) They fail to address physical activity and nutrition.
B) They are updated every two years.
C) They include only broad wellness-related goals.
D) They seek to achieve a better quality of life for Americans.

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Public Policy
Topic : Healthy People Initiative
Gradable : automatic

34) What is one outcome of a healthy diet?

34) _____

A) sufficient energy and nutrients
B) an increased risk of heart disease
C) insufficient nutrients
D) an increased risk of high blood pressure

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Bloom's : Understand
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Topic : Diet
Gradable : automatic

35) What is the best strategy for achieving and maintaining a healthy body weight?

35) _____

A) short-term diets
B) colon cleansing
C) high-protein diets
D) regular exercise

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Identify healthy lifestyle behaviors.
Topic : Weight
Topic : Exercise
Gradable : automatic

36) What will most likely result from poor stress management?

36) _____

A) an increased susceptibility to diseases
B) less fatigue
C) better sleep
D) an efficient immune system

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Topic : Stress
Topic : Risk Factors
Gradable : automatic

37) Which of the following is/are associated with tobacco use?

37) _____

A) a compromised immune system
B) liver disease
C) a small number of deaths each year
D) the top causes of death in the United States

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Causes of Death
Learning Objective : Identify healthy lifestyle behaviors.
Topic : Tobacco
Gradable : automatic

38) Which is/are most likely to result from excessive alcohol consumption?

38) _____

A) excessive sleeping
B) fewer accidental deaths
C) lower weight
D) acts of violence

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Identify healthy lifestyle behaviors.
Topic : Alcohol
Topic : Health Risk Behaviors
Gradable : automatic

39) What is the most effective way of dealing with disease?

39) _____

A) medication
B) prevention
C) rehabilitation
D) surgery

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Topic : Infectious Diseases
Topic : Chronic Diseases
Learning Objective : Identify healthy lifestyle behaviors.
Topic : Wellness
Gradable : automatic

40) Which is true about the factors involved in wellness?

40) _____

A) They are entirely outside of individual control.
B) They often interact with each other.
C) They are difficult to identify.
D) They are easy to change.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Topic : Wellness
Gradable : automatic

41) Which of the following most negatively affects college students' academic performance?

41) _____

A) excessive computer use
B) depression
C) stress
D) social life

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Wellness: New Health Goals
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Topic : Stress
Gradable : automatic

42) What is the first step in trying to change a health-related behavior?

42) _____

A) making a personal contract
B) obtaining knowledge and information
C) realizing that you can change it
D) setting specific goals

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Create a plan for behavior change.
Topic : Behavior Change
Topic : Stages of Behavior Change
Gradable : automatic

43) When choosing a target behavior to change, how can you maximize your chances of success?

43) _____

A) by changing all negative behaviors at once
B) by starting with a complicated behavior first
C) by starting with something simple
D) by targeting multiple behaviors

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Create a plan for behavior change.
Topic : Behavior Change
Topic : Goal Setting
Gradable : automatic

44) What is the best definition for self-efficacy?

44) _____

A) the figurative "place" that is responsible for events in a person's life
B) a person's belief that she or he can take action and perform a specific task
C) events that occur but are unrelated to behavior change
D) events that occur but are beyond an individual's control

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Identify strategies for increasing motivation for change.
Topic : Self-Efficacy
Gradable : automatic

45) Which is the most reliable source for health-related information?

45) _____

A) a report about a "dramatic new breakthrough in the world of medicine"
B) a friend's story about how she lost weight on a new diet
C) a study by the National Cancer Institute
D) a social media post based on the latest medical research

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Critical Thinking
Topic : Wellness
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Evaluate fitness and wellness information.
Gradable : automatic

46) The best kind of Internet resource for information on health would be a website that is

46) _____

A) run by a company selling products on the site.
B) promotional in nature.
C) operated by a professional association.
D) updated every six months.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Critical Thinking
Topic : Wellness
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Evaluate fitness and wellness information.
Gradable : automatic

47) What is the best definition for *locus of control*?

47) _____

A) strong motivational powers that a person has available to him or her
B) the figurative "place" considered responsible for events in a person's life
C) the friends, family, and opponents who influence a person's life
D) a reward system that is responsible for positive lifestyle changes

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Identify strategies for increasing motivation for change.
Topic : Locus of Control
Gradable : automatic

48) What is likely to happen when people have an external locus of control and believe they have a genetic predisposition to cancer?

48) _____

A) They will reinforce their motivation to take appropriate action.
B) They will sabotage their efforts to take appropriate action.
C) They will enhance their focus of control.
D) They will gain a greater sense of control over their lives.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Topic : Locus of Control
Learning Objective : Discuss barriers to behavior change.
Gradable : automatic

49) Which of the following best describes a woman who is 25 pounds overweight, has tried a variety of diets, and defends her weight by claiming all her relatives are overweight and that none have successfully lost weight?

49) _____

Fit and Well 14th edition Fahey Test Bank

A) lack of motivation
B) external locus of control
C) internal locus of control
D) victim of heredity

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Topic : Locus of Control
Learning Objective : Discuss barriers to behavior change.
Gradable : automatic

50) Which identifies the precontemplation stage in the stages-of-change model?

50) _____

A) awareness of the problem
B) modification of behavior
C) belief there is no need for change
D) planning for change

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Identify stages of behavior change.
Topic : Stages of Behavior Change
Topic : Transtheoretical Model of Change
Topic : Precontemplation
Gradable : automatic

51) According to the stages-of-change model of changing behavior, at which stage do people begin to make small changes in their behavior?

51) _____

Fit and Well 14th edition Fahey Test Bank

A) contemplation stage
B) preparation stage
C) maintenance stage
D) action stage

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Identify stages of behavior change.
Topic : Stages of Behavior Change
Topic : Transtheoretical Model of Change
Topic : Preparation
Gradable : automatic

52) What is the key to a successful behavior change program?

52) _____

A) identifying multiple target behaviors
B) speed and aggressiveness
C) a plan that sets goals
D) a qualified therapist

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Goal Setting
Learning Objective : Identify strategies for increasing motivation for change.
Topic : Behavior Change Planning
Gradable : automatic

53) How does setting realistic, specific goals help a person change unwanted behavior?

53) _____

Fit and Well 14th edition Fahey Test Bank

A) It forces the person to take on the harder steps first.
B) It reduces the number of rewards the person can receive.
C) It makes the ultimate goal seem more manageable.
D) It takes the focus off the person's ultimate goal.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Goal Setting
Learning Objective : Identify strategies for increasing motivation for change.
Topic : Behavior Change Planning
Gradable : automatic

54) Which is the last step in creating a personalized plan for behavior change?

54) _____

A) analyzing data
B) making a contract
C) monitoring behavior
D) setting goals

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Create a plan for behavior change.
Topic : Preparation
Topic : Behavior Change Planning
Gradable : automatic

55) What preparatory step may be necessary when devising a strategy or plan of action to exercise?

55) _____

Fit and Well 14th edition Fahey Test Bank

A) purchasing walking shoes for a fitness class
B) selecting a behavior to change
C) rewarding yourself with a movie
D) determining which events trigger the behavior

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Create a plan for behavior change.
Topic : Preparation
Topic : Behavior Change Planning
Gradable : automatic

56) Which is an example of modifying your environment to support change?

56) _____

A) asking a roommate to swim with you three times a week
B) buying a new CD after completing two weeks of a behavior change program
C) studying in the library instead of near the student union snack bar
D) posting your exercise log in a prominent place

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Topic : Wellness Lifestyle Behaviors
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Discuss factors that impact wellness behaviors.
Gradable : automatic

57) What does a personal contract for behavior change include?

57) _____

Fit and Well 14th edition Fahey Test Bank

A) an objective that gives details of the person's plan for behavior change
B) a record of the circumstances surrounding the person's target behavior
C) a prioritization of the behaviors that the person is considering changing
D) an assessment of the person's motivation for changing the health behavior

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Create a plan for behavior change.
Topic : Goal Setting
Topic : Behavior Change Planning
Gradable : automatic

58) Which is an example of an appropriate reward for achieving a nutrition behavior change goal?

58) _____

A) eating a favorite food
B) drinking alcohol
C) seeing a movie
D) going out to dinner with friends

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Create a plan for behavior change.
Topic : Goal Setting
Topic : Behavior Change Planning
Gradable : automatic

59) In a behavior change program, what might create a trap that is related to social influences?

59) _____

Fit and Well 14th edition Fahey Test Bank

A) enlisting the aid of friends in your pursuit
B) selecting behaviors to target
C) trying to get friends or family to change their behavior
D) breaking your steps into smaller tasks

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Discuss barriers to behavior change.
Topic : Maintenance
Gradable : automatic

60) Which strategy can aid in behavior change?

60) _____

A) having social support
B) implementing a test plan
C) reacting to challenges
D) withholding rewards

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Discuss factors that impact wellness behaviors.
Topic : Maintenance
Gradable : automatic

61) Which is an effective strategy for ensuring that a behavior change program continues?

61) _____

Fit and Well 14th edition Fahey Test Bank

A) Avoid anticipating potential problems.
B) Change the parts of the plan that are problems.
C) Ignore the reactions of friends.
D) Try to get friends to change their behavior too.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Discuss factors that impact wellness behaviors.
Topic : Maintenance
Gradable : automatic

62) Which is true of the techniques and level of effort required by a behavior change program?

62) _____

A) They should never change.
B) They should always be easy.
C) They may need to be evaluated.
D) They may not help achieve a goal.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Discuss factors that impact wellness behaviors.
Topic : Maintenance
Gradable : automatic

63) Which of the following is most likely true if there is a stress barrier to a behavior change plan?

63) _____

Fit and Well 14th edition Fahey Test Bank

A) It will remain throughout the changing process.
B) It will help motivate you to do your best.
C) It is unlikely to have any impact on your plan and should be ignored.
D) It may require you to make stress management a higher priority.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Remember
Topic : Stress
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Discuss barriers to behavior change.
Topic : Barriers to Change
Gradable : automatic

64) Which is the best example of procrastination?

64) _____

A) I wanted to exercise today, but I have felt sick since lunchtime.
B) I better wait until the summer to start my exercise program.
C) I did not exercise today because my mom visited unexpectedly from out of town.
D) I wanted to lift weights today, but I had time only to go for a run.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Discuss barriers to behavior change.
Topic : Barriers to Change
Gradable : automatic

65) Which is an example of rationalization?

65) _____

Fit and Well 14th edition Fahey Test Bank

A) I will start an exercise program just as soon as the semester is over.
B) Next year is when I will start to exercise.
C) I could not exercise today because I had to visit a friend.
D) I do not exercise because I do not like it.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Discuss barriers to behavior change.
Topic : Barriers to Change
Gradable : automatic

66) Which is an example of blaming?

66) _____

A) I'll start my walking program when I get some sunscreen.
B) My workout partner did not call me to go to the fitness center.
C) I'll begin my exercise program when next semester starts.
D) I did not have time to dry my hair before work, so I'll walk tomorrow.

Question Details
Accessibility : Keyboard Navigation
Bloom's : Understand
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Discuss barriers to behavior change.
Topic : Barriers to Change
Gradable : automatic

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

67) Define the nine dimensions of wellness. List two behaviors or habits that would promote the development of each.

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Topic : Dimensions of Wellness
Bloom's : Understand
Learning Objective : Define health, wellness, and the individual dimensions of wellness.
Gradable : manual

68) Describe the differences between the major health problems and the leading causes of death in 1850 and in 2017. List two public health developments that contributed to the shift in the leading causes of death during the twentieth century.

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Bloom's : Understand
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Causes of Death
Topic : Public Policy
Gradable : manual

69) Discuss the role that lifestyle choices play in determining quality of life. Give at least three examples of healthy lifestyle choices, and explain how they promote quality of life and overall wellness.

Fit and Well 14th edition Fahey Test Bank

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Topic : Wellness Lifestyle Behaviors
Learning Objective : Identify healthy lifestyle behaviors.
Bloom's : Analyze
Gradable : manual

70) List at least five benefits of physical activity, and describe how they contribute to wellness.

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Bloom's : Understand
Topic : Physical Fitness
Topic : Wellness Lifestyle Behaviors
Learning Objective : Identify healthy lifestyle behaviors.
Topic : Exercise
Gradable : manual

71) Discuss alcohol, tobacco, and drug use as causes of death, both through diseases and accidents, in the United States.

Question Details
Accessibility : Keyboard Navigation
Section : Wellness: New Health Goals
Bloom's : Understand
Learning Objective : Outline the major health challenges of Americans.
Topic : National Health
Topic : Causes of Death
Topic : Tobacco
Topic : Alcohol
Gradable : manual

Fit and Well 14th edition Fahey Test Bank

72) Discuss and provide examples of reliable sources of health and medical information, including Internet resources.

Question Details
Accessibility : Keyboard Navigation
Section : Reaching Wellness through Lifestyle Management
Topic : Behavior Change
Learning Objective : Identify strategies for increasing motivation for change.
Topic : Self-Efficacy
Bloom's : Apply
Gradable : manual

73) For each of the following scenarios, describe the stage of change that is represented and provide two appropriate strategies to help the person move forward in the cycle of change.

1) José wants to get back into shape, but he cannot figure out how to fit activity into his day and does not know what to do next about his desire to change.
2) Jalyse has tried unsuccessfully to quit smoking in the past and now assumes that she will never be able to quit.
3) Will has decided to improve his diet. He has already started to change by eating cereal for breakfast at home one day per week rather than picking up his usual fast-food breakfast on the way to his first class.

Question Details
Accessibility : Keyboard Navigation
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Identify stages of behavior change.
Topic : Stages of Behavior Change
Topic : Transtheoretical Model of Change
Topic : Precontemplation
Topic : Preparation
Topic : Contemplation
Bloom's : Apply
Gradable : manual

Fit and Well 14th edition Fahey Test Bank

74) List the five major steps in a behavior change plan of action. Select a target behavior, and briefly describe how you would apply the steps to that behavior.

Question Details
Accessibility : Keyboard Navigation
Section : Reaching Wellness through Lifestyle Management
Learning Objective : Create a plan for behavior change.
Topic : Goal Setting
Topic : Behavior Change Planning
Bloom's : Apply
Gradable : manual

Fit and Well 14th edition Fahey Test Bank

Fit and Well 14th Edition by Fahey CH01

Answer Key

Test name: CH01

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

Fit and Well 14th edition Fahey Test Bank

27) C
28) B
29) A
30) C
31) C
32) A
33) D
34) A
35) D
36) A
37) D
38) D
39) B
40) B
41) C
42) C
43) C
44) B
45) C
46) C
47) B
48) B
49) B
50) C
51) B
52) C
53) C
54) B
55) A
56) C

Fit and Well 14th edition Fahey Test Bank

57) A
58) C
59) C
60) A
61) B
62) C
63) D
64) B
65) C
66) B
67) Answers will vary.

68) Answers will vary.

69) Answers will vary.

70) Answers will vary.

71) Answers will vary.

72) Answers will vary.

73) Answers will vary.

74) Answers will vary.

Fit and Well 14th edition Fahey Test Bank