Fit and Well - Core Concepts and Labs in Physical Fitness and Wellness 16th edition Fahey Test Bank

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Chapter 01 Introduction to Wellness, Fitness, and Lifestyle

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

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.
   - ◎ true
   - ◎ false

2) A sense of humor is one characteristic of a person who possesses good intellectual health.
   - ◎ true
   - ◎ false

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

4) Under the Affordable Care Act (ACA), young adults may stay on the health insurance plan of their parent or guardian until age 35.
   - ◎ true
   - ◎ false

5) Most health problems occur at the same rate for males and for females.
   - ◎ true
   - ◎ false

6) Females are at a greater risk for depression than are males.
   - ◎ true
   - ◎ false

7) Approximately 75% of all Americans get the recommended amount of daily exercise.
   - ◎ true
   - ◎ false

8) Regular exercise is a crucial factor in preventing chronic disease.
   - ◎ true
   - ◎ false

9) Lifestyle choices have little to no impact on chronic disease risk.
   - ◎ true
   - ◎ false

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

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

12) People in the preparation stage of change plan to take action within six months.
- ◎ true
- ◎ false

13) Food rewards are highly recommended for successful behavior change.
- ◎ true
- ◎ false

14) Breaking a plan into smaller steps that a person can accomplish in a brief period of time may reduce procrastination.
- ◎ true
- ◎ false

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

16) Which of the following is specifically associated with physical wellness?
- A) eating well
- B) self-confidence
- C) compassion
- D) a support network

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17) Which dimension of wellness includes optimism, trust, and self-confidence?
- A) physical wellness
- B) emotional wellness
- C) spiritual wellness
- D) interpersonal wellness

18) The ability to think critically is an aspect of what dimension of wellness?
- A) emotional
- B) intellectual
- C) interpersonal
- D) spiritual

19) Which activity best describes emotional wellness?
- 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

20) Which best describes spiritual wellness?
- 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

21) Which element does environmental wellness include?
- A) trust
- B) communication skills
- C) meditation
- D) physical safety

22) Which of the following specifically helps improve interpersonal wellness?
- A) a network of caring people
- B) a great degree of self-confidence
- C) good physical health
- D) an active, creative mind

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23) Which type of wellness involves the ability to live within your means and to manage your money?
A) interpersonal
B) financial
C) environmental
D) spiritual

24) Which of the following describes occupational wellness?
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

25) What was the approximate life expectancy in 1850?
A) 40 years
B) 50 years
C) 60 years
D) 70 years

26) What was the most serious threat to a person's health in 1850?
A) coronary heart disease
B) cancer
C) infectious disease
D) stroke

27) How did the average life expectancy change between 1850 and 2000?
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.

28) The decline in life expectancy between 2019 and 2021 has been linked to which of the following?
A) Covid-19
B) stroke
C) tobacco use
D) HIV

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29) What is an indication of financial wellness?
- A) having many credit cards
- B) controlling your use of credit cards
- C) maintaining a high debt
- D) investing instead of saving

30) What is an indication of environmental wellness?
- A) having a supportive network of friends and family
- B) earning a high salary
- C) living in a large home
- D) having access to nutritious food

31) Which disease is defined as developing and continuing over a long period?
- A) chronic disease
- B) infectious disease
- C) terminal disease
- D) subclinical disease

32) In 2021, what were the two leading causes of death in the United States?
- A) cancer and cirrhosis
- B) stroke and heart disease
- C) heart disease and cancer
- D) diabetes and osteoporosis

33) Which of the following has not been found to significantly increase life expectancy?
- A) eating a healthy diet
- B) never smoking
- C) getting regular physical activity
- D) moderate social media usage

34) What is the major difference between life span and health span?
- A) Life span is how long we live, while health span is the freedom from chronic or disabling disease.
- B) Life span considers health and wellness, while health span considers only longer life expectancy.
- C) Health span is having a higher quantity of life but lower quality of life, while life span is having a lower quantity of life but a higher quality of life.
- D) Health span is having an increased susceptibility to unintended injury, while life span is having a decreased susceptibility to unintended injury.

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35) On average, what percentage of an American's life includes some level of physical and cognitive impairment?
A) 5
B) 10
C) 15
D) 20

36) What proportion of U.S. adults meet the federal requirements for aerobic and muscle-strengthening exercise?
A) nearly 25%
B) about 50%
C) nearly 75%
D) about 8%

37) What is the leading cause of death for people between 15 and 24 years old living in the United States?
A) heart disease
B) suicide
C) unintentional injuries
D) cancer

38) Which of the following is a main component of the Affordable Care Act (ACA)?
A) the facilitation of the purchase of health insurance at the state level for qualifying individuals
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

39) Which is a characteristic of the U.S. government's Healthy People reports?
A) They do not address health equity and health disparities.
B) They are updated every two years.
C) They include solely disease-specific goals.
D) They aim to prevent disease and improve quality of life.

40) What is one outcome of a healthy diet?
A) sufficient energy and nutrients
B) an increased risk of heart disease
C) insufficient nutrients
D) an increased risk of high blood pressure

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41) What is the best strategy for achieving and maintaining a healthy body weight?
- A) short-term diets
- B) colon cleansing
- C) high-protein diets
- D) regular exercise

42) What will most likely result from poor stress management?
- A) an increased susceptibility to diseases
- B) less fatigue
- C) better sleep
- D) an efficient immune system

43) Which of the following is most associated with tobacco use?
- A) a compromised immune system
- B) liver disease
- C) a small number of deaths each year
- D) the top cause of death in the United States

44) Which of the following is most likely to result from excessive alcohol consumption?
- A) excessive sleeping
- B) fewer accidental deaths
- C) lower weight
- D) acts of violence

45) What is the most effective way of dealing with disease?
- A) medication
- B) prevention
- C) rehabilitation
- D) surgery

46) Which is true about the factors involved in wellness?
- A) The factors are entirely outside of individual control.
- B) The factors are difficult to identify.
- C) The factors are easy to change.
- D) The factors often interact with each other.

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47) According to the American College Health Association's 2022 National College Health Assessment III survey of college students, which of the following was most commonly mentioned as having a negative impact on college students' academic performance?
A) work
B) depression
C) procrastination
D) concern for a family member

48) Which of the following is the most accurate statement regarding the Affordable Care Act (ACA)?
A) Health exchanges provide a selection of private company-regulated health care plans.
B) Health insurance marketplaces facilitate the purchase of health insurance at the federal level.
C) The ACA permits young adults to stay on their parents' or guardians' health insurance plans until age 26.
D) The ACA was officially signed into law in 2020.

49) A student feels unsafe traveling to school each day and is not sure whether they will have access to a nutritional meal when the weekend arrives. Which dimension of wellness is impacting this student?
A) spiritual wellness
B) interpersonal (social) wellness
C) emotional wellness
D) environmental wellness

50) Which of the following statements regarding life span is most accurate?
A) Life span is unrelated to lifestyle choices.
B) The United States spends more money per person on health care and has a higher life expectancy than all other high-income countries.
C) Covid-19 had no impact on life expectancy while it was at its peak.
D) Research has shown that the greater number of healthy choices adopted, the larger the increase in life expectancy.

51) What is the first step in trying to change a health-related behavior?
A) making a personal contract
B) obtaining knowledge and information
C) realizing the behavior is problematic and that you can change it
D) setting specific goals

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

53) What is the best definition for self-efficacy?
- A) the figurative "place" that is responsible for events in a person's life
- B) one's belief that one 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

54) Which is the most reliable source for health-related information?
- A) an advertisement about a "dramatic new breakthrough in the world of medicine"
- B) a friend's story about losing weight on a new diet
- C) a study by the National Cancer Institute
- D) a social media post based on the latest medical research

55) The best kind of internet resource for information on health would be a website that is
- 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.

56) What is the best definition for *locus of control*?
- A) strong motivational powers that people have available to them
- B) the figurative "place" a person designates as the source of responsibility for events in the 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

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

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58) Which of the following best describes a person who is classified as 50 pounds overweight, has tried a variety of diets, and explains the extra weight by saying that overweight runs in the family and that no family members have successfully lost weight?
A) lack of motivation
B) external locus of control
C) internal locus of control
D) victim of heredity

59) Which identifies the precontemplation stage in the stages-of-change model?
A) awareness of the problem
B) modification of behavior
C) belief that there is not a problem and, thus, no need for change
D) planning for change

60) According to the stages-of-change model of changing behavior, at which stage do people begin to make small changes in their behavior?
A) contemplation stage
B) preparation stage
C) maintenance stage
D) action stage

61) What is the key to a successful behavior change program?
A) identifying multiple target behaviors
B) speed and aggressiveness
C) a plan that includes established goals
D) a qualified therapist

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

63) Which is the last step in creating a personalized plan for behavior change?
A) analyzing data
B) making a personal contract
C) monitoring behavior
D) setting goals

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64) What preparatory step may be necessary when devising a strategy or plan of action to exercise?
A) purchasing appropriate shoes for a fitness class
B) selecting a behavior to change
C) rewarding yourself with a movie
D) determining which events trigger the behavior

65) Which is an example of modifying your environment to support change?
A) asking a roommate to swim with you three times a week
B) buying a new pair of jeans after completing two weeks of a behavior change program
C) studying in the library instead of in a crowded student union
D) posting your exercise log in a prominent place

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

67) Which is an example of an appropriate reward for achieving a nutrition behavior change goal?
A) eating a favorite food
B) drinking alcohol
C) seeing a movie
D) going out to dinner with friends

68) In a behavior change program, what might create a trap that is related to social influences?
A) enlisting the aid of friends in your pursuit
B) selecting specific behaviors to target
C) trying to get friends or family to change their behavior along with you
D) breaking your steps into smaller tasks

69) Which strategy can aid in behavior change?
A) having social support
B) implementing a test plan
C) reacting to challenges
D) withholding rewards

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70) Which is an effective strategy for ensuring that a behavior change program continues?
A) Avoid anticipating potential problems.
B) Change the parts of the plan that are problematic.
C) Ignore the reactions of friends.
D) Try to get friends to change their behavior too.

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

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

73) Which is the best example of procrastination?
A) I wanted to exercise today, but I have felt sick since lunchtime.
B) I should just 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.

74) Which is an example of rationalization?
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.

75) Which is an example of blaming?
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, so I couldn’t go.
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.

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76) How can you maximize your chances of success if you are trying to select a target behavior to change?
   A) Select a behavior that is unrelated to your personal identity.
   B) Change all your negative behaviors at once to get it over with quickly.
   C) Select a behavior that is tied to your values.
   D) Combine at least two behaviors, such as starting to exercise and stopping smoking at one time.

77) Which of the following is a true statement regarding the maintenance stage of the transtheoretical model?
   A) The stage can last for months or years.
   B) The stage can only be entered when lapses no longer occur.
   C) The stage occurs when people have exited the cycle of change.
   D) The stage requires the greatest commitment of time and energy.

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

78) Explain why life expectancy nearly doubled between 1850 and 2000. Include how social movements have impacted the change.

79) Define the concept of physical literacy and discuss how physical literacy helps people to live healthier lives.

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

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Chapter 01 Introduction to Wellness, Fitness, and Lifestyle

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

82) 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.

83) List at least five benefits of physical activity, and describe how each benefit contributes to wellness.

84) Considering the United States only, discuss alcohol, tobacco, and drug use as causes of death, both from disease and unintentional injuries.

85) Discuss three ways to check the reliability of health-related information.

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86) 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 greasy fast-food breakfast on the way to his first class.

87) 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.

88) Select one of the social determinants of health discussed in the chapter and describe its potential impact on at least three aspects of wellness. Then describe at least one strategy you think would reduce the determinant's impact on affected populations.

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Chapter 01 Introduction to Wellness, Fitness, and Lifestyle

Answer Key

Test name: Chapter 01 Introduction to Wellness, Fitness, and Lifestyle

1) FALSE
2) TRUE
3) FALSE
4) FALSE
5) FALSE
6) TRUE
7) FALSE
8) TRUE
9) FALSE
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
27) C
28) A
29) B
30) D
31) A
32) C
33) D
34) A
35) C
36) A
37) C

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

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78) Short Answer
79) Short Answer
80) Short Answer
Answers will vary.

81) Short Answer
Answers will vary.

82) Short Answer
Answers will vary.

83) Short Answer
Answers will vary.

84) Short Answer
Answers will vary.

85) Short Answer
Answers will vary.

86) Short Answer
Answers will vary.

87) Short Answer
Answers will vary.

88) Short Answer
Answers will vary.

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