Principles and Labs for Fitness and Wellness 14th edition Hoeger Test Bank

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TRUE/FALSE

1 : Scientific evidence suggests that most people today maintain a healthy lifestyle program.
A : true
B : false

Correct Answer : B

2 : The food industry spends less money advertising a single food product than the federal government spends promoting MyPlate.
A : true
B : false

Correct Answer : B

3 : Indifference and helplessness underscore a defeatist thought process, that is, that we have no control over our health.
A : true
B : false

Correct Answer : A

4 : People who believe they have control over what happens to them in life are said to have an external locus of control.
A : true
B : false

Correct Answer : B

5 : Motivation comes from within, but is influenced by external factors that control behavior.
A : true
B : false

Correct Answer : A

6 : The transtheoretical model of change illustrates change as a gradual process that involves several stages.
A : true
B : false

Correct Answer : A

7 : The humanistic theory of change states that people tend to share common goals when it comes to personal development.
A : true
B : false

Correct Answer : B

8 : In behavior modification, consciousness-raising involves obtaining information about the problem so you can make a better decision about the problem behavior.
A : true

B : false

Correct Answer : A

9 : When countering, a person will restructure physical surroundings to avoid problem behaviors and decrease temptations.
A : true
B : false

Correct Answer : B

10 : The A in SMART goals stands for acceptable goals that are compatible with those of others when a group effort is required.
A : true
B : false

Correct Answer : A

SHORT RESPONSE

11 : Briefly summarize the components of our environment that influences our behavior.

Correct Answer : Answers may vary. This environment includes families, friends, peers, homes, schools, workplaces, TV, radio, and movies, as well as our communities, country, and culture in general.?

12 : What is the barrier to change known as rationalization and what are some ways to overcome it?

Correct Answer : Answers may vary. Even though people are not practicing healthy behaviors, they rationalize by telling themselves that they do get sufficient exercise, that their diet is fine, that they have good, solid relationships, or that they don't smoke/drink/get high enough to affect their health.Tips to initiate change: Learn to recognize when you're glossing over or minimizing a problem. You'll need to face the fact that you have a problem before you can commit to change. Your health and your life are at stake. Monitoring lifestyle habits through daily logs and then analyzing the results can help you change self-defeating behaviors.

13 : John believes that his weight problem is caused by his lack of exercise and daily visits to McDonalds, while Jane believes that she inherited the weight problem from her parents. Who is more likely to initiate and adhere to a wellness program? Explain.

Correct Answer : John has an internal locus of control, meaning he believes he has control over events in his life and is more likely to initiate and adhere to a wellness program than Jane. She has an external locus of control, meaning she believes what will happen to her is inevitable despite her behavior. John knows that he can control his weight by increasing his activity levels and eating right, whereas Jane believes that her weight problem is out of her control (inherited).?

14 : What are the primary sources of self-efficacy? Briefly explain why.

Correct Answer : The best contributors to self-efficacy are mastery experiences, or personal

experiences that one has had with successes and failures. Successful past performances greatly enhance self-efficacy: “Nothing breeds success like success.” Failures, on the other hand, can undermine confidence, in particular if they occur before a sense of efficacy is established.?

15 : Why should a SMART goal for behavior change be realistic? Provide an example.

Correct Answer : Answers may vary. A SMART goal should be realistic, or within reach. For example, if you currently weigh 190 pounds and your target weight is 140 pounds, setting a goal to lose 50 pounds in a month would be unsound, if not impossible. Such a goal does not allow you to implement adequate behavior modification techniques or ensure weight maintenance at the target weight. Unattainable goals only set you up for failure, discouragement, and loss of interest.?

MULTIPLE CHOICE

16 : Your text describes the environment we live in as ____ when it comes to fitness and wellness.
A : negative
B : positive
C : neutral
D : toxic
E : controlling

Correct Answer : D

17 : Street design manuals in the United States recommend ____ on one side of the street only.
A : shoulders
B : curb cuts
C : utility poles
D : sidewalks
E : bicycle lanes

Correct Answer : D

18 : According to your text, todays modern conveniences have lulled us into overconsumption and ____.
A : sedentary living
B : complacency
C : underachievement
D : loss of control
E : self-efficacy

Correct Answer : A

19 : Health experts recommend that to be considered active, a person should accumulate the equivalent of ____ miles of walking per day.
A : one to two
B : three to four
C : five to six
D : seven to eight

E : nine to ten

Correct Answer : C

20 : Streets typically are rated by traffic engineers according to their ____.
A : length and width
B : walkability
C : type of surface
D : degree of use
E : level of service

Correct Answer : E

21 : Some communities today use a(n) ____ to rate how useful their streets are for pedestrians and bicyclists.
A : level of service
B : degree of use
C : safety standard
D : walkability score
E : accessibility ranking

Correct Answer : D

22 : The American food supply contains a surplus of ____ calories per day, per person, after wastage.
A : 10
B : nearly 100
C : 500
D : 850
E : 1,000 or more

Correct Answer : C

23 : At restaurants, people are more likely to base their food choices on ____.
A : taste, convenience, and cost
B : portion size and drink refills
C : the ratio of meat to vegetables
D : their diet plans
E : coupons and daily specials

Correct Answer : A

24 : The largest nucleus of the basal ganglia, known as the ____, plays a key role in habit formation.
A : trigger
B : midbrain
C : striatum
D : nuclei
E : forebrain

Correct Answer : C

25 : Lindsey likes to tan using the tanning bed at her salon. What barrier to change best applies

to Lindsey, who focuses on the short-term attractiveness of bronze skin and disregards the long-term risk of skin cancer?
A : procrastination
B : gratification
C : preconditioned cultural belief
D : rationalization
E : indifference

Correct Answer : B

26 : Ill deal with the consequences later is an expression that best illustrates the ____ barrier to change.
A : illusion of invincibility
B : indifference
C : rationalization
D : risk complacency
E : lack of core values

Correct Answer : D

27 : Feeling overwhelmed by all the changes needed to live a healthy lifestyle best applies to the ____ barrier to change.
A : complexity
B : gratification
C : procrastination
D : rationalization
E : lack of core values

Correct Answer : A

28 : The belief in ones own ability to perform a given task is known as ____.
A : self-motivation
B : self-efficacy
C : self-regard
D : self-esteem
E : self-starting

Correct Answer : B

29 : The least significant source of self-efficacy beliefs are ____ that people experience when facing a challenge.
A : social norms
B : illusions of invincibility
C : feelings of helplessness
D : past performances
E : physiological cues

Correct Answer : E

30 : What is the drive that dictates human behavior by providing direction, energy, and persistence?
A : gratification
B : self-efficacy

C : motivation
D : self-confidence
E : willpower

Correct Answer : C

31 : People with an internal locus of control have a(n) ____.
A : higher risk for illness
B : urge to control the behavior of others
C : easier time adhering to a wellness program
D : inclination to say things happen by chance
E : greater sense of vulnerability

Correct Answer : C

32 : People with an external locus of control believe that ____.
A : they are at less risk for illness
B : they can control the behavior others
C : they can easily adhere to a wellness program
D : things happen to them by chance, despite their behavior
E : their behavior helps them maintain control

Correct Answer : D

33 : The best solution to a problem of competence is to ____.
A : master the skills you need to participate
B : visualize yourself doing the task and getting it done
C : divide a goal into smaller, more realistic objectives
D : become educated about the problems and set goals
E : recognize your limitations and do the best you can

Correct Answer : A

34 : Problems of confidence, as an impediment to quit smoking, surface when people do not ____.
A : have the skills to quit smoking
B : believe they can quit smoking
C : believe smoking is that harmful
D : know the benefits of not smoking
E : care if they can quit smoking

Correct Answer : B

35 : Ken faces a problem of motivation to quit smoking. This likely means that that he does not ____.
A : have the skills to quit smoking
B : believe he can quit smoking.
C : believe quitting is that important
D : have the time to quit smoking
E : have the external support to quit smoking

Correct Answer : C

36 : What simple statement applies to the two-stage change model of unhealthy behavior and healthy behavior?
A : Change is good for the soul.
B : Fish or cut bait.
C : The joy of living beats the fear of dying.
D : You only live once.
E : Either you do it or you dont.

Correct Answer : E

37 : What action is critical in the transition from the precontemplation stage to the contemplation stage of the transtheoretical model?
A : Begin an exercise program.
B : Control the environment.
C : Acknowledge that there is a problem.
D : Set goals to change behavior.
E : Experiment with a new behavior.

Correct Answer : C

38 : In the preparation stage of the transtheoretical model, people are ____.
A : planning to change a behavior within six months
B : wondering whether a change is possible
C : weighing the pros and cons of a change
D : following the guidelines of a new behavior
E : taking initial steps for change

Correct Answer : E

39 : In order to improve his blood pressure, Sam is running three miles, four times per week. This stage of the transtheoretical model requires ____.
A : the greatest commitment of time and energy
B : the realization that a relapse is inevitable
C : an immediate transition to the termination or adoption stage
D : more education about the problem behavior
E : a temporary regression to a previous stage

Correct Answer : A

40 : During the ____ stage of the transtheoretical model, people continue the new behavior for up to five years.
A : adoption
B : process
C : maintenance
D : termination
E : action

Correct Answer : C

41 : In the transtheoretical model, a relapse ____.
A : means the change has failed
B : frequently occurs during the precontemplation stage
C : occurs during the action or maintenance stage

D : may occur at any level of the model
E : tends to happen without warning

Correct Answer : D

42 : John does not believe that he will get lung cancer from smoking cigarettes, so he does not want to quit smoking. John is in the ____ stage of the transtheoretical model.
A : precontemplation
B : contemplation
C : preparation
D : maintenance
E : termination

Correct Answer : A

43 : John has maintained a healthy body weight by exercising regularly and eating right for more than five years. He is considered to be in the ____ stage of the transtheoretical model.
A : success
B : action
C : maintenance
D : adoption
E : nonrelapse

Correct Answer : D

44 : A common technique of ____ is referred to as urge surfing, which directs the person to notice the urge, pay attention to the way the urge feels as it builds, and then simply continue noticing it as the urge subsides.
A : self-analysis
B : mindfulness
C : behavior analysis
D : commitment
E : self-reevaluation

Correct Answer : B

45 : As a process of change, ____ involves obtaining information about the problem so that you can make a better decision about the problem behavior.
A : social liberation
B : consciousness-raising
C : self-analysis
D : behavior analysis
E : commitment

Correct Answer : B

46 : Nonsmoking areas, policy interventions, and advocacy groups are examples of ____.
A : dramatic release
B : positive introspection
C : self-analysis
D : social liberation
E : consciousness-raising

Correct Answer : D

47 : What process of change describes a woman who quits smoking after seeing an aunt die of lung cancer?
A : emotional arousal
B : commitment
C : self-analysis
D : behavior-analysis
E : consciousness-raising

Correct Answer : A

48 : When you write down a(n) ____, it becomes real and a contract with yourself.
A : action
B : emotion
C : goal
D : urge
E : change

Correct Answer : C

49 : As a process of change, having a(n) ____ means taking an optimistic approach from the beginning and believing in yourself.
A : self-analysis
B : advantage
C : emotional urge
D : commitment
E : positive outlook

Correct Answer : E

50 : Commitment as a process of change is best defined as ____.
A : becoming cognizant of a need for change
B : researching and defining the behavior problem
C : recognizing the urge to change an unhealthy behavior
D : accepting the responsibility to change
E : analyzing the pros and cons of a certain behavior

Correct Answer : D

51 : What process of change involves substituting healthy behaviors for a problem behavior?
A : countering
B : behavior analysis
C : social liberation
D : self-analysis
E : mindfulness

Correct Answer : A

52 : What process of change involves surrounding yourself with people who will work toward a common goal with you or who care about you and will encourage you along the way?
A : social liberation
B : helping relationships

C : countering
D : environmental control
E : monitoring

Correct Answer : B

53 : Tracking your daily food consumption and identifying sources of excessive calories and fat in the diet is an example of ____.
A : commitment
B : monitoring
C : countering
D : environment control
E : willpower

Correct Answer : B

54 : Sallie has been exercising regularly and cutting sugar from her diet. After four weeks, she has lost five pounds and decides to reward herself with a treat. What would be the best choice?
A : eating a whole pizza by herself
B : taking a week off from exercising
C : buying a new pair of running shoes
D : exercising twice as much as before
E : refusing to reward herself

Correct Answer : C

55 : Once you have identified and written down a specific goal, write ____ that will help you reach that goal.
A : the specific actions
B : a general outline
C : a commitment plan
D : a countering guide
E : the behavior rationales

Correct Answer : A

56 : The R in SMART goals stands for ____.
A : realistic
B : rational
C : rewarding
D : reasonable
E : registered

Correct Answer : A

57 : Whenever possible, goals and objectives should be ____.
A : immeasurable
B : measurable
C : unwritten
D : cataloged
E : short-term

Correct Answer : B

58 : The time-specific component of SMART goals refers to having a specific ____.
A : log created for monitoring
B : time set for reevaluation
C : date set for completion
D : day set for rest and/or reward
E : date set for beginning

Correct Answer : C

59 : If you are failing to meet a goal, make a list with two columns: ____ behaviors and ____ behaviors.
A : selfish; caring
B : mindless; mindful
C : emotional; rational
D : helpful; damaging
E : unavoidable; avoidable

Correct Answer : D

60 : If your goal is unreachable, despite your full commitment and best efforts, you should ____.
A : consult a professional
B : start over after a few days of rest
C : set lower standards
D : rewrite the SMART guidelines
E : reassess the goal

Correct Answer : E

61 : SMART goals refer to those that are best described as ____.
A : written based on a thorough analysis of problem behaviors
B : written for anyone who wishes to change a problem behavior
C : specific, measurable, acceptable, realistic, and time-specific
D : special, meaningful, accountable, reasonable, and time-specific
E : behavior guidelines set by the National Weight Control Registry

Correct Answer : C

62 : Which of the following goals is most likely to help Jane reduce her body fat from 30% to 20%?
A : I will reduce my body fat to 20% body fat in 20 weeks.
B : I will reduce my body fat to 20% body fat in 2 weeks.
C : I will reduce my body fat to 20% body fat through exercising.
D : I will reduce my body fat to 20% body fat through eating right.

Correct Answer : A

63 : I will reduce my body fat to 20% body fat in 2 weeks is best described as a goal that is ____.
A : too specific
B : immeasurable
C : unrealistic
D : time-specific

E : admirable

Correct Answer : C

64 : I will reduce my body fat to 20% body fat through exercising is not a(n) ____ goal.
A : acceptable
B : measurable
C : reasonable
D : time-specific
E : helpful

Correct Answer : D

65 : When asking yourself whether you have the time, commitment, and necessary skills to accomplish a goal, you are considering whether the goal is ____.
A : time-specific
B : measurable
C : acceptable
D : realistic
E : helpful

Correct Answer : C

66 : When writing goals, state exactly and in a positive manner what you would like to ____.
A : avoid
B : win
C : lose
D : accomplish
E : see

Correct Answer : D

67 : Monitor body weight before breakfast every morning is best described as a ____.
A : long-term goal
B : short-term goal
C : specific action
D : specific goal
E : measurable action

Correct Answer : C

68 : ____ goals set you up for failure, discouragement, and loss of interest.
A : Challenging
B : Time-specific
C : Unattainable
D : Damaging
E : Unrewarding

Correct Answer : C

69 : What is an example of a measurable objective?
A : I will eat healthier starting tomorrow.
B : I will lose weight in five months.

C : I will go to bed earlier every day.
D : I will go to bed at 10 p.m. every day.
E : I will eat breakfast more often.

Correct Answer : D

70 : Aprils long-term goal is to attain her recommended body weight by losing 50 pounds. Which objective is most likely to help April reach her long-term goal?
A : Lose 5 pounds in one week.
B : Lose 1 pound per week.
C : Lose 25 pounds in two months.
D : Lose 10 pounds in two weeks.
E : Lose 1 pound per day.

Correct Answer : B

MATCHING

71 : Match the technique with the associated process of change.

A : environmental control	A : joining a running club
B : countering	B : telling your best friend about your weight loss goal
C : monitoring	C : going to a movie to avoid eating out
D : commitment	D : keeping a food diary
E : social liberation	E : throwing out all your junk food

Correct Answer :
A : E

B : C

C : D

D : B

E : A

ESSAY

72 : Explain the role of the basal ganglia in forming healthy (or unhealthy) habits.

Correct Answer : The brain area in which habits are formed is the basal ganglia. More specifically, the striatum, a large nucleus within the basal ganglia that is able to communicate with the forebrain (decision-making area) and the midbrain (motor control), plays a major role in habit formation. Intense, rewarding, exciting, or pleasurable events activate the striatum and it then memorizes these pleasurable or rewarding events in an effort to help the person find opportunities to repeat these events. The striatum of the basal ganglia also contains large amounts of the neurotransmitter, dopamine, which is released upon a rewarding or pleasurable cue. As such, it plays a role in habit formation and can cause a behavior to become a

conditioned response.

73 : Using examples, discuss the purpose of self-reevaluation as a process of change.

Correct Answer : Answers may vary. During the process of self-reevaluation, individuals analyze their feelings about a problem behavior. The pros and cons or advantages and disadvantages of a certain behavior can be reevaluated at this time. For example, you may decide that strength training will help you get stronger and tone up, but implementing this change will require you to stop watching an hour of TV three times per week. If you presently have a weight problem and are unable to lift certain objects around the house, you may feel good about weight loss and enhanced physical capacity as a result of a strength-training program. You also might visualize what it would be like if you were successful at changing.?

74 : Explain why rewards should be included as part of a process of change.

Correct Answer : Responses may vary. People tend to repeat behaviors that are rewarded and to disregard those that are not rewarded or are punished. Rewarding oneself or being rewarded by others is a powerful tool during the process of change in all stages. If you have successfully cut down your caloric intake during the week, reward yourself by going to a movie or buying a new pair of shoes. Do not reinforce yourself with destructive behaviors such as eating a high-fat/calorie-dense dinner. If you fail to change a desired behavior (or to implement a new one), you may want to put off buying those new shoes you had planned for that week. When a positive behavior becomes habitual, give yourself an even better reward. Treat yourself to a weekend away from home or buy a new bicycle.?

75 : Describe the role that willpower can play in behavior change and, using an example, discuss when this limited resource is best used and how it can be depleted.

Correct Answer : Answers may vary. Understanding the concept of willpower, or self-control, is helpful in the process of behavioral change. Scientists have found that self-restraint against impulses can be built, like a muscle, if built slowly and gradually. Start with something small. If you feel you need to read every text message the moment it arrives, you may try to learn to wait a few minutes and finish the activity you are working on and then read your text message. As you do so, your ability to exert self-control increases. Studies have found that willpower is a limited resource. It is highest in the morning and is depleted as we use it throughout the day, primarily when confronted with difficult challenges and stress. When you are planning to take on a significant task, help yourself be successful by doing it at a time when you can put aside as many other demands and stressors as possible. Studies indicate that willpower reserve can be increased through exercise, balanced nutrition, a good night’s sleep, and quality time spent with important people in your life. Willpower, on the other hand, decreases in times of depression, anxiety, anger, and loneliness.?

76 : Discuss how watching too much TV can lead to or exacerbate a pattern of unhealthy eating.

Correct Answer : Answers may vary. TV viewing is more than just a sedentary activity. Think about people’s habits before they sit down to watch a favorite show. They turn on the TV, then stop by the kitchen for a box of crackers and processed cheese. They return to watch the show, start snacking, and are bombarded with commercials about soft drinks, beer, and unhealthy foods. Viewers are enticed to purchase and eat unhealthy, calorie-dense foods in an unnecessary and mindless “snacking setting.” TV viewing has been shown to reduce the number of fruits and vegetables some people consume, most likely because people are eating the unhealthy foods advertised on TV. A similar result has been observed in those playing video

games. Calorie intake has been found to go up regardless of the individual’s hunger cues.?

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