Lifetime Physical Fitness and Wellness 15th edition Hoeger Test Bank

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TRUE/FALSE

1 : Health experts recommend walking five to six miles per day.
A : true
B : false

Correct Answer : A

2 : The percentage of U.S. jobs that are sedentary in nature is double what it was in the 1950s.
A : true
B : false

Correct Answer : A

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

Correct Answer : A

4 : Both excessive TV viewing and excessive sitting are associated with a lower-risk death as compared to other disease risk factors such as physical inactivity, smoking, and obesity.
A : true
B : false

Correct Answer : B

5 : Habits cannot be changed by deliberate choice.
A : true
B : false

Correct Answer : B

6 : The social cognitive theory of change illustrates change as a gradual process that involves several stages.
A : true
B : false

Correct Answer : B

7 : Contemplation is the first stage in the process of willful change.
A : true
B : false

Correct Answer : B

8 : As a process of change, social liberation means accepting the responsibility to change and believing in your ability to do so.
A : true
B : false

Correct Answer : B

9 : Self-reevaluation involves restructuring physical surroundings to avoid problem behaviors and decrease temptations.
A : true
B : false

Correct Answer : B

10 : A growth mindset places value on effort rather than linking an individuals self-valuation to results.
A : true
B : false

Correct Answer : A

MULTIPLE CHOICE

11 : 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

12 : According to your text, physical inactivity and ____ are among the underlying leading causes of death in the United States.
A : poor diet
B : complacency
C : underachievement
D : loss of control
E : self-efficacy

Correct Answer : A

13 : 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

14 : Some communities 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

15 : At restaurants, people are most 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

16 : The largest nucleus of the brains 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

17 : What barrier to change best applies to tanners who focus on the short-term attractiveness of bronze skin and disregard the long-term risk of skin cancer?
A : Procrastination
B : Gratification
C : Preconditioned cultural belief
D : Rationalization
E : Indifference

Correct Answer : B

18 : Feeling the risk associated with an unhealthy behavior is unimportant because the consequences may take years to manifest is most characteristic of which barrier to change?
A : Procrastination
B : Gratification
C : Rationalization
D : Risk complacency
E : Lack of core values

Correct Answer : D

19 : 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

20 : Which term refers to 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

21 : 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

22 : People with an external locus of control believe that ____.
A : they are at less risk for illness
B : they can control the behavior of 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

23 : An impediment to quitting smoking, problems of confidence surface when people ____.
A : lack the skills to quit smoking
B : do not believe they can quit smoking
C : deny that smoking is harmful
D : fail to grasp the benefits of not smoking
E : lack the motivation to quit smoking

Correct Answer : B

24 : Which statement applies to the simplest model of change, the two-stage change model of unhealthy behavior and healthy behavior?
A : Change is good for the soul.
B : Mind triumphs over matter.
C : The joy of living beats the fear of dying.
D : Either you do it or you dont.
E : See it to believe it.

Correct Answer : D

25 : In the preparation stage of the transtheoretical model of change, 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 for a new behavior
E : taking initial steps for change

Correct Answer : E

26 : The action stage of the transtheoretical model of change 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

27 : Elizabeth does not believe that she will get lung cancer from smoking cigarettes, so she does not want to quit smoking. Elizabeth is in the _____ stage of the transtheoretical model of change.
A : precontemplation
B : contemplation
C : preparation
D : maintenance
E : termination

Correct Answer : A

28 : Mark 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 of change.
A : success
B : action
C : maintenance
D : adoption
E : nonrelapse

Correct Answer : D

29 : Urge surfing, which directs you to notice the urge, pay attention to how the urge feels as it builds, and continue to notice the urge as it subsides, is characteristic of which process of change?
A : Self-analysis
B : Mindfulness
C : Behavior analysis
D : Commitment
E : Self-reevaluation

Correct Answer : B

30 : As a process of change, ____ involves obtaining information about the problem so 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

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

Correct Answer : D

32 : Which process of change applies to 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

33 : When you write down your ____, and preferably share them with others, you are signing a behavioral contract for change.
A : actions
B : emotions
C : goals
D : urges
E : faults

Correct Answer : C

34 : 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

35 : _____ refers to how you determine the frequency, circumstances, and consequences of the behavior to be altered or implemented.
A : Mindfulness
B : Behavioral analysis
C : Countering
D : Self-reevaluation
E : Monitoring

Correct Answer : B

36 : Tracking your daily food consumptionand thus identifying sources of excessive calories and fat in the dietis an example of _____.
A : commitment

B : monitoring
C : countering
D : environment control
E : willpower

Correct Answer : B

37 : Once you have identified and written down a specific goal, you should 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 rationales

Correct Answer : A

38 : Change in core values often overrules instant rewards as we seek _____.
A : instant gratification
B : long-term gratification
C : instant change
D : long-term change
E : competing desires

Correct Answer : B

39 : Whenever possible, goals and objectives should be ____.
A : magnanimous
B : measurable
C : mutable
D : immeasurable
E : short term

Correct Answer : B

40 : 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

41 : 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

42 : Which goal is most likely to help Jane reduce her body fat from 30 to 20 percent?
A : I will reduce my body fat to 20 percent body fat in 20 weeks.
B : I will reduce my body fat to 20 percent body fat in two weeks.
C : I will reduce my body fat to 20 percent body fat through exercising.
D : I will reduce my body fat to 20 percent body fat through eating right.

Correct Answer : A

43 : A belief in the basic goodness of humanity and respect for mankind are the core beliefs of which theory of behavior change?
A : Social cognitive theory
B : Relapse prevention model
C : Humanistic theory
D : Transtheoretical model
E : Problem-solving model

Correct Answer : C

44 : Which theory holds that behavior change is influenced by the environment, self-efficacy, and characteristics of the behavior itself?
A : Social cognitive theory
B : Relapse prevention model
C : Humanistic theory
D : Transtheoretical model
E : Problem-solving model

Correct Answer : A

45 : In the context of SMART goals, monitor body weight before breakfast every morning is best described as a ____.
A : rewarding behavior
B : short-term goal
C : specific action
D : realistic step
E : time-specific goal

Correct Answer : C

46 : Goals that are ____ set you up for failure, discouragement, and loss of interest.
A : challenging
B : time specific
C : unattainable
D : measurable
E : unrewarding

Correct Answer : C

47 : Compared with home-cooked meals, restaurant and fast-food meals are typically ____.
A : lower in calories, fat, saturated fats and sodium
B : higher in vitamins, minerals, and fiber
C : higher in overall nutritional density
D : higher in calories, fat, saturated fats and sodium
E : lower in portion size and number of helpings

Correct Answer : D

48 : Researchers have recently found that the national rates of not only diabetes, but also heart disease and some cancers, move in step with our consumption of ____.
A : saturated fats
B : sugar
C : dairy products
D : artificial sweeteners
E : sodium

Correct Answer : B

49 : In adopting a new habit, ____ is critical.
A : understanding
B : acceptance
C : exercise
D : repetition
E : preparation

Correct Answer : D

50 : Researchers have found an actual growth in gray matter in the brains ____ as individuals build self-control.
A : basal ganglia
B : prefrontal cortex
C : corpus striatum
D : stem
E : cerebellum

Correct Answer : B

MATCHING

51 : For questions 51 to 53, select the key term that is most associated with the description given below. Each term is used only once.
A : What people do
B : Core beliefs and ideals
C : Self-control

A : values
B : lapse
C : relapse prevention model
D : motivation
E : behavior
F : termination stage
G : goals
H : learning theories
I : emotional arousal
J : willpower

Correct Answer :
A : E

B : A

C : J

52 : For question 54, select the key term that is most associated with the description below. Each term is used only once.

A : Desire to do something

A : values
B : lapse
C : relapse prevention model
D : motivation
E : behavior
F : termination stage
G : goals
H : learning theories
I : emotional arousal
J : willpower

Correct Answer :
A : D

53 : For questions 55 to 60, select the key term that is most associated with the description below. Each term is used only once.

A : Motivate change in behavior
B : Maintain that most behaviors are learned
C : Dramatic release
D : Elimination of undesirable behavior
E : Short-term failure
F : Advises anticipating high-risk situations and developing action plans

A : values
B : lapse
C : relapse prevention model
D : motivation
E : behavior
F : termination stage
G : goals
H : learning theories
I : emotional arousal
J : Willpower

Correct Answer :
A : G

B : H

C : I

D : F

E : B

F : C

ESSAY

54 : Discuss the goals and motivations of people who ascribe to the humanistic theory of change. Include an explanation of self-actualization.

Correct Answer : (Answers may vary.) Humanists believe in the basic goodness of humanity and respect for mankind. At the core of the theory is the belief that people are unique in the development of personal goals—with the ultimate goal being self-actualization. Self-actualized people are independent, are creative, set their own goals, and accept themselves. Humanists also propose that people are motivated by a hierarchy of needs that include approval, recognition, achievement, and the fulfillment of each person's potential. In this hierarchy, each need requires fulfillment before the next need becomes relevant. The present is the most important time for any person rather than the past or the future. For instance, a person will not exercise unless he or she has had something to eat within a reasonable amount of time. Similarly, a person who uses cigarette smoking to maintain weight will not give up smoking unless proper weight management is accomplished by other means (healthy eating habits and increased physical activity). The challenge, then, is to identify basic needs at the core of the hierarchy (acceptance, independence, recognition) before other healthy behaviors (exercise, stress management, altruism) are considered.

55 : Describe how the power of positive self-talk aids in adopting healthy behaviors and changing habits to be more aligned with leading a healthy lifestyle. Include suggestions for recognizing self-talk and creating a habit of positive self-talk.

Correct Answer : (Answers may vary.) Individuals who are able to reframe problems in a positive way are better able to maintain health and well-being. The internal dialogue, or self-talk a person has every day has great influence over behaviors based on whether this self-talk is positive or negative. Individuals may not notice whether their self-talk is positive or negative until they have monitored themselves for a time. First, noticing one's thoughts, and then stating them aloud will give a person a better idea of whether the phrase is destructive toward set goals. Learn to identify how you respond to your own behaviors by writing them down and analyzing whether they are positive or negative, helpful, and/or true. Challenge any negative thoughts and ask yourself if there is a more positive way of viewing them. Interrupt patterns of negative thoughts with positive behavior or focusing on positive memories. Consider whether there is any positive action you can take to reframe the behavior you are feeling badly about. Find humor in the situation and be kind to yourself. Notice when you are feeling good and are proud of yourself for choosing healthy behaviors and engaging in positive self-talk. Write these moments down and reward yourself with positive action such as buying new exercise gear or wear, or taking a moment in nature to meditate or exercise.

56 : 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.

57 : Discuss point-of-decision-prompts as an environment control and, using examples, explain how you can deploy them on a personal level to change unhealthy behaviors.

Correct Answer : (Answers may vary.) You can create an environment in which exceptions become the norm, and then the norm can flourish. You may leave yourself reminders or prompts that you are likely to see as you are making healthy choices. Such reminders also referred to as “point-of-decision-prompts,” have been used successfully on a public level. For example, reminders on soda machines that “calories count” encourage consumers to look at the calories listed by each soda selection prior to making a choice. You can also place notes to yourself on the refrigerator and pantry to avoid unnecessary snacking. Provide yourself with healthy alternatives to calorie and fat-laden products and place them front and center in the refrigerator or pantry. Put baby carrots or sugarless gum where you used to put cigarettes. Post notes around the house to remind you of your exercise time and commitment. Leave exercise shoes and clothing by the door so they are visible as you walk into your home. Keep a gym bag packed with exercise clothing and shoes, keeping it in your car or always taking it with you as you leave each day. Instead of bringing home cookies for snacks, bring fruit. Put an electric timer on the TV so it will shut off automatically at 7:00 p.m. All of these tactics will be helpful throughout the action, maintenance, and termination/adoption stages.

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

Correct Answer : (Answers may vary). Television viewing is more than just a sedentary activity. Think about people’s habits before and during a bout of program viewing. They turn on the television, stop by the kitchen for food and beverages and return to watch the show, start snacking, and are bombarded with commercials about soft drinks, alcohol, and unhealthy foods. Viewers are enticed to purchase and eat unhealthy, calorie-dense foods in an unnecessary and mindless “snacking setting.” Television 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 television. 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.