Foundations of Kinesiology 1st edition Murray Test Bank

SKU: 9781337392709-TEST-BANK

TRUE/FALSE

1 : Every undergraduate in kinesiology would be expected to be able to develop a training plan for a high-level elite athlete.
A : true
B : false

Correct Answer : B

2 : The only significant health concern with inactivity is increased mortality.
A : true
B : false

Correct Answer : B

3 : The relationship between physical activity and risk for functional/mobility limitations is an inverse one.
A : true
B : false

Correct Answer : A

4 : A business mission/vision statement should be based on cultural, historical, and philosophical knowledge to insure the focus of the business is clear.
A : true
B : false

Correct Answer : A

5 : As a kinesiology professional, you will be judged at least to some degree on your behaviors. In order to be respected in the field, you need to be at an elite level within your chosen athletic pursuit.
A : true
B : false

Correct Answer : B

6 : The National Physical Activity Plan is designed with the primary purpose of increasing physical activity in elementary school aged children.
A : true
B : false

Correct Answer : B

7 : The National Physical Activity Plan (NPAP) has specific strategies to increase physical activity across nine societal sectors.
A : true
B : false

Correct Answer : A

8 : Helping you study for graduate entrance exams is a primary way a mentor might be helpful

to you when applying to a graduate academic program.
A : true
B : false

Correct Answer : B

9 : There is an inverse correlation between functional fitness and quality of life measures.
A : true
B : false

Correct Answer : B

10 : Cultural factors influence physical activity but have NOT had an effect on the evolution of the field of kinesiology.
A : true
B : false

Correct Answer : B

11 : Functional abilities include things like walking, feeding, and dressing.
A : true
B : false

Correct Answer : A

MULTIPLE CHOICE

12 : The AKA proposed a common knowledge base that should be shared by all undergraduates of kinesiology. Which of these would NOT be included in that common core?
A : Physical activity in health, wellness, and quality of life
B : Foundations of sports performance and excellence
C : Cultural, historical, and philosophical dimensions of physical activity
D : Scientific foundations of physical activity

Correct Answer : B

13 : Which of these would be considered a key KSA for an undergraduate kinesiology student?
A : The ability to assess signs and diagnostic symptoms of chronic diseases
B : The ability to explain the role of physical activity in promoting health and wellness across the lifespan
C : The ability to develop rehabilitation plans for individuals who have had orthopedic surgeries
D : All of these are correct

Correct Answer : B

14 : Which aspects of running economy fall under the heading of biomechanical factors?
A : Gait pattern
B : Glycogen depletion level
C : Maximal heart rate
D : Motivational level

Correct Answer : A

15 : As a researcher examining a runners efficiency, you decide to track their performance and correlate it with their blood lactate levels. This test is a simple finger-stick to acquire a drop of blood, much like diabetics do to track their blood sugar. This type of measurement would fall under the _____dimension of the field of kinesiology.
A : psychomotor
B : biomechanical
C : biochemical
D : philosophical

Correct Answer : C

16 : Physical inactivity is a problem in terms of health concerns within which population?
A : Only among adults
B : Among both adults and older adults
C : Only among young people
D : Among youth, adults, and older adults

Correct Answer : D

17 : What is meant by the term functional health?
A : The ability to function at the highest levels of performance
B : The ability to function in terms of cognition (memory, spatial processing, logic)
C : The ability to maintain health and wellness by reducing health problems
D : The absence of disease

Correct Answer : C

18 : Which of these things would be considered functional abilities?
A : Absence of disease
B : Preventing avoidable falls
C : The ability to understand the relationship between physical activity and wellness
D : Disease management like taking medications for blood pressure or diabetes

Correct Answer : B

19 : As physical activity levels increase, what would be the anticipated change in risk of functional mobility limitations?
A : There is a dramatic decrease in functional mobility limitation risk with even a minor increase in physical activity from the lowest level of activity (level 1sedentary) to modest levels of activity (level 2).
B : The decrease in functional mobility limitation risk is only seen with the adoption of modest (level 2 or higher) levels of physical activity.
C : The decrease in functional mobility limitation risk is only seen with the adoption of higher levels (levels 3 and 4) of physical activity.
D : Decreases in functional mobility limitation risk only occurs when previously sedentary individuals (level 1) reach the highest levels of physical activity (level 5).

Correct Answer : A

20 : The concept of Exercise is Medicine was first promoted by
A : The American College of Sports Medicine

B : The American Medical Association
C : The Greek philosopher Socrates
D : The Greek physicians Hippocrates and Galen

Correct Answer : D

21 : Of the six traditional philosophies, realism is best represented by which statement?
A : Study of the individual (as opposed to the society) as the center for sport philosophy
B : There are facts (truths) that are independent of what we may believe or even of the available evidence.
C : This study attempts to explain the meaning of physical activities in our personal lives.
D : A series of ideas that views movement and human development as holistic

Correct Answer : B

22 : Which of these statements BEST represents the philosophy of pragmatism?
A : Study of the individual (as opposed to the society) as the center for sport philosophy.
B : The laws of nature govern fundamental decisions about physical activity and sports participation.
C : This philosophy attempts to explain the meaning of physical activities in our personal lives.
D : This philosophy encompasses a series of ideas that views movement and human development as holistic.

Correct Answer : C

23 : As a biomechanical specialist, you routinely study gait patterns of athletes to determine how it may affect their performance and also how their performance may be affected by changes you might make to their gait pattern. By focusing primarily on this study of individuals rather than large populations, you are most likely employing which of the six basic philosophies that underpin the field of kinesiology?
A : Existentialism
B : Idealism
C : Humanism
D : Pragmatism

Correct Answer : A

24 : As a sport psychologist, you spend a great deal of time helping elite athletes harness what you refer to as the power of the mind so that they can perform at their best levels. You explain to them that the way they perceive their surroundings and the way their body responds to thoughts and feelings has a direct impact on their performance and conversely that their performance can have an effect on how they perceive various challenges they encounter. This tight integration of mindbody and performance is a key element of which philosophy?
A : Existentialism
B : Humanism
C : Pragmatism
D : Realism

Correct Answer : B

25 : The Society for Health and Physical Educators has established National standards for what all K-12 students should know and be able to do as a result of a quality physical education program. Which item is NOT considered a core requirement in those national standards?

A : The physically literate individual exhibits responsible personal and social behavior that respects self and others.
B : The physically literate individual exhibits a clear understanding of rules for participation in key team sports.
C : The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
D : The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

Correct Answer : B

26 : Who is responsible for composing a set of National Standards for K-12 physical education?
A : The American College of Sports Medicine
B : The National Education Association
C : The American Kinesiology Association
D : The Society of Health and Physical Educators

Correct Answer : D

27 : Which of these topics would you expect to learn about in an exercise physiology core undergraduate course?
A : Hormonal regulation of metabolism during a marathon
B : Ergonomics of various tennis grips
C : Changes in movement patterns following a stroke
D : The effect of momentum on a divers execution of a dive

Correct Answer : A

28 : As a physical therapist, youre tasked with helping a patient learn to safely navigate the gravel pathway from their parking area to their front door. They have been walking with a cane for assistance, primarily practicing on smooth floors in the rehabilitation hospital. Which area of kinesiology will you likely be focusing on as you troubleshoot this scenario to come up with the right rehabilitation focus for your patient?
A : Motor control
B : Motor development
C : Exercise physiology
D : Ergonomics

Correct Answer : A

29 : As an occupational therapist working in a school-based setting, you are called upon to evaluate a young child with cerebral palsy. You perform a series of tests to determine which classroom activities and rehabilitation activities to emphasize during the next semester. You determine that this 10-year-old childs eye-hand coordination skills are similar to what you would expect of a 34-year old. You have determined this using your background in which area of kinesiology?
A : Biomechanics
B : Motor development
C : Exercise physiology
D : Exercise psychology

Correct Answer : B

30 : You are an athletic trainer working in an orthopedic surgeons office. Youve noticed that some people recover more quickly after back surgery than others and have noticed what you think is a correlation between patients who dont follow up with instructions on rehabilitation exercises and a longer time after surgery before they return to work. You decide to do a study about this to determine if there is a relationship between their compliance with rehabilitation instructions and their return to work. Youre most likely utilizing which subdiscipline of kinesiology to do this study?
A : Public health
B : Exercise psychology
C : Biomechanics
D : Exercise physiology

Correct Answer : B

31 : Research by Dr. Jackson used the sum of three strength tests to predict the ability of refinery workers to be able to open/close valves and perform other tasks. Which of these is NOT one of the tests that were used?
A : Static grip
B : Arm lift using electronic load cell
C : Back lift using electronic load cell
D : Vertical Jump

Correct Answer : D

32 : The tests that Dr. Jackson devised to predict the ability of a refinery worker to successfully execute various job tasks were selected based on an assessment of the typical requirements during a refinery workers usual shift. This required Dr. Jackson to rely upon which subdiscipline of kinesiology?
A : Biomechanics
B : Public health
C : Exercise physiology
D : Exercise psychology

Correct Answer : A

33 : Which of these is a typical task you would encounter in the career of sport management?
A : Promotion and organization of a 5k race as a fundraiser for a childrens charity
B : Promotion and development of community walking health clinics
C : Advertising and management for a physical therapy clinic
D : Development of a school based program to promote active play among elementary aged children

Correct Answer : A

34 : As a high school football coach, two of your players collide hard, helmet-to-helmet, in the course of a play. They both go down and you call a time-out, and they are assisted to the sidelines by the athletic trainer on duty. Which statement is correct based on current concussion guidelines?
A : Both players may return to play since they were able to walk off the field assisted.
B : Both players may return to play if they are able to remember significant information like name and date of birth.
C : Both players should be evaluated by a professional prior to any return to play decisions
D : Both players should be evaluated to determine if their helmets show visible signs of damage

prior to returning to play.

Correct Answer : C

35 : Physical activity and public health is a relatively newer field of academic study that includes overlapping fields from which two broad areas?
A : Exercise physiology and biostatistics
B : Sport management and public health
C : Kinesiology and epidemiology
D : Exercise sociology and sport psychology

Correct Answer : C

36 : What is the underlying purpose of the American College of Sports Medicines initiative Exercise is Medicine?
A : This is a program to encourage adults to seek their physicians guidance prior to starting an exercise program.
B : This is a research-oriented initiative to gather data on the effect of structured exercise on chronic diseases diagnosed by physicians.
C : This program is designed to help physicians emphasize regular physical activity and exercise for their patients.
D : This program is focused on tracking exercise habits of young people and subsequent onset of chronic diseases with the hypothesis that exercise will prevent chronic diseases later in life.

Correct Answer : C

37 : Within the arena of kinesiology, which of these would be considered a special population?
A : Adults attending a local masters swim class at the YMCA
B : Young adults training for track and field competition in the fall
C : Older adults with hypertension attending a senior-center couch-to-walking program
D : Children participating in a school physical education class

Correct Answer : C

38 : What is the defining characteristic of a special population?
A : They have a cognitive or intellectual disability.
B : They require some form of modification of standard physical activity practices.
C : They have chronic diseases like heart disease or diabetes.
D : They will not respond to physical activity interventions.

Correct Answer : B

39 : As a physical education teacher, you may be called upon to use the FITNESSGRAM® to assess your students physical fitness levels. Which of these is included in that battery of tests?
A : Sit and reach
B : Vertical jump
C : 40-yard sprint
D : Single leg balance time

Correct Answer : A

40 : What is a primary purpose of functional capacity testing?
A : To determine sprint and jump ability for incoming freshman football players

B : To assess endurance and specific strength prior to employment
C : To determine cognitive capacity prior to enrollment in public schools
D : To assess a worksite for functional production capacity

Correct Answer : B

41 : Which of these professionals would be most likely to conduct a functional capacity test?
A : Epidemiologist
B : Public health administrator
C : Exercise psychologist
D : Physical therapist

Correct Answer : D

42 : You evaluate the workers on a large assembly line and determine that workers at station #3 need to be able to lift large (25 lb) boxes of supplies from a nearby pallet to their worktable 23 times per hour. What is the significance of this?
A : Applicants for this position should be tested using the FITNESSGRAM® battery of tests.
B : The employer should limit this position to males only.
C : Employees returning to this position following an injury should undergo a functional capacity evaluation.
D : All of these are correct.

Correct Answer : C

43 : What is considered the entry level degree for physical therapists according to the American Physical Therapy Association (APTA)?
A : An undergraduate degree (bachelor of science in physical therapy)
B : A graduate degree (masters or doctorate) in physical therapy
C : Any graduate degree (masters or doctorate) in a health related field
D : Both b and c are correct

Correct Answer : B

44 : What is a primary goal of the FITNESSGRAM®?
A : To enhance student understanding of sports and its role in academics
B : To assess student physical fitness levels
C : To determine the duration of time during PE classes that students are engaged in vigorous or moderate intensity physical activity
D : To assess your states accountability for effective teaching in the physical education realm.

Correct Answer : B

45 : SHAPE America would be the professional organization most likely to be associated with which kinesiology related profession?
A : Physical therapy
B : Physical activity in public health
C : Biomechanics
D : Physical education

Correct Answer : D

46 : Which item are you LEAST likely to find on your University Career Services website?

A : List of mentors available to assist with resume writing
B : Lists of internship opportunities within your general degree area
C : Lists of specific state regulations for professions within kinesiology
D : Lists of available jobs in the community or on campus

Correct Answer : C

47 : It is clear that most graduate programs in physical therapy have a competitive application process with many applicants for few available slots. Which things should a pre-physical therapy major consider?
A : Maintaining a GPA of at least 3.5
B : Improved writing and public speaking skills
C : Recording volunteer hours in a variety of settings
D : Each of these would be important to consider.

Correct Answer : D

48 : Which is a key benefit of striving for an evidence-based practice?
A : Improved guidance due to integration and application of knowledge from a variety of scientific disciplines.
B : The ability to bill insurance companies for treatments provided.
C : Reduced emphasis on pharmacological resolution to chronic health concerns.
D : All of these are correct.

Correct Answer : A

49 : Which would be considered a benefit of utilizing information from several different subdisciplines of kinesiology as well as a variety of scientific disciplines to come up with guidance for a physical activity intervention?
A : Integrating information may provide more complete evidence for a particular intervention
B : Using isolated information will help provide more complete evidence for a particular intervention
C : Integrating information from multiple sources provides conflicting guidance
D : Each of these is equally beneficial

Correct Answer : A

50 : As a coach you routinely discuss fair play with your athletes and emphasize that they should not only adhere to the rules, but also strive for good sportsmanship. What general topic are you addressing?
A : Philosophy
B : History
C : Psychology
D : Physiology

Correct Answer : A

51 : Give a brief example of how you as a kinesiology professional intend to lead from the front in terms of physical activity promotion.
A : Attend a local high school football game
B : Participate in a community 5k run raising funds for leukemia research
C : Study Olympic high jump techniques
D : Debate the merits of different diets with a fellow student.

Correct Answer : B

52 : Biomechanics has its roots in the application of which scientific field?
A : Physiology
B : Psychology
C : Philosophy
D : Physics

Correct Answer : D

53 : As a kinesiology professional you may be called upon to work in a cardiac rehabilitation setting. How might the subdiscipline of exercise psychology be utilized in this setting?
A : Monitoring cardiac response to exercise sessions
B : Instructing patients in weight lifting techniques
C : Leading group exercise classes
D : Motivating patients to continue attendance

Correct Answer : A

54 : In the assessment of running economy, measurement of glycogen depletion falls under which subdiscipline of kinesiology?
A : Biomechanics
B : Exercise physiology
C : Exercise psychology
D : Motor control

Correct Answer : B

55 : How is physical activity related to functional ability in older individuals?
A : Increasing physical activity limits functional ability due to fatigue
B : Increasing functional ability limits physical activity
C : Decreasing physical activity results in reduced functional ability
D : Decreasing functional ability results in increased physical activity

Correct Answer : C

56 : In addition to an undergraduate degree, which professional skill do you feel will be the MOST important to acquire and develop for a career in sports management?
A : Movement analysis
B : Accounting
C : Exercise instruction
D : Each of these is equally applicable to the career of sports management.

Correct Answer : C

57 : Which of these would be considered a special population?
A : Pregnant women
B : Persons with physical disabilities
C : Children with developmental delay
D : All of these are correct

Correct Answer : D

58 : Which of these is one of the eight guiding principles of Active Texas 2020?
A : All children should be required to participate in physical education classes.
B : All health is local; local leaders should be recruited to assist in policy implementation.
C : Only high levels of physical activity will produce health benefits.
D : It is important to come up with novel and untested ways to implement physical activity programs so that research grants to study these can be applied for at the local level.

Correct Answer : B

59 : There are three broad areas for certification within the American College of Sports Medicine (ACSM). Which of these is found under the health and fitness area of certification?
A : Certified cancer exercise trainer
B : Exercise is medicine
C : Inclusive fitness trainer
D : Exercise physiologist

Correct Answer : D

60 : Which of these would be considered a reliable investigation technique to enhance your career planning and understanding of a possible kinesiology profession?
A : Shadow a practitioner in your field of choice
B : Interview a professor in the kinesiology department at your school
C : Open a dialog with others in the field through social media outlets like Linked In
D : All of these are correct

Correct Answer : D

MATCHING

61 : Match the philosophy with its description

A : the study of the individual (as opposed to society) as the center for sport philosophy	A : Existentialism
B : refers attempts to explain the meaning of physical activities in our personal lives	B : Pragmatism
C : based on the premise that the reality of movement depends on what is contained within the individuals mind rather than what is outside of it	C : Idealism
D : suggests that there are facts (truths) that are independent of what we may believe or even of the available evidence	D : Realism

Correct Answer :
A : A

B : B

C : C

D : D

62 : Match the term with the description:

A : Refers to a belief that the laws of nature (rather than spiritual laws) govern fundamental decisions about physical activity and sports participation	A : Naturalism
B : Is a series of ideas that view movement and human development as holistic, and propose that the mind, body, and spirit cannot be divided related to physical activity	B : Humanism
C : refers attempts to explain the meaning of physical activities in our personal lives	C : Pragmatism
D : the philosophy of kinesiology	D : Philokinesiology

Correct Answer :
A : A

B : B

C : C

D : D

63 : Considering the issue of anterior cruciate ligament (ACL) injuries in female athletes, match the issue under study with the general kinesiology topic that might best provide a background/understanding for that issue.

A : philosophy/history of physical activity	A : Access of girls to organized youth sports
B : biomechanics of physical activity	B : Limb alignment issues contributing to ACL injury
C : physiology of physical activity	C : Sex hormone influence on injury risk
D : motor behavior	D : Surgery and rehabilitation
E : sport and exercise psychology	E : Rehabilitation compliance and subsequent sport performance

Correct Answer :
A : A

B : B

C : C

D : D

E : E

64 : Match the topic of study to the subdiscipline or specific profession within kinesiology that might conduct that study.

A : public health	A : Use of performance enhancing drugs by Olympic track and field athletes from 1980 to 2016

B : biomechanics

C : exercise physiology

D : exercise and sports psychology

B : Comparison of two different high jump techniques

C : Maximum oxygen uptake of olympic marathon runners

D : Cognitive processing in Olympic gymnasts diagnosed with eating disorders

Correct Answer :
A : A

B : B

C : C

D : D

FILL IN THE BLANK

65 : Physical inactivity is the _____ leading cause of death worldwide

Correct Answer : fourth

66 : _____ is a science that generally focuses on the process of skill acquisition in human movement. _____ is focused on how human movement patterns change over a lifetime.

Correct Answer : Motor control, Motor development

67 : The first modern Olympic Games following the establishment of the International Olympic Committee were held in the city of _____ in 1896.

Correct Answer : Athens

68 : _____ and _____ are two of the KSAs that undergraduates in kinesiology should exhibit in regards to the role of physical activity in promoting health and wellness across the lifespan.

Correct Answer : The ability to describe the role of physical activity in promoting health, the ability to develop physical activity programs

69 : Individuals with chronic health conditions or those that require modifications to standard physical activity practices are referred to as _____.

Correct Answer : "Special populations"

70 : Active Texas 2020 is a plan that was developed to _____

Correct Answer : help physical activity and public health practitioners develop and implement physical activity interventions