Fitness and Wellness 13th edition Hoeger Test Bank

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Chapter 02

1. Lean body mass (LBM) equals body weight (BW) minus fat weight (FW).
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.6 - Understand the components of body composition.
KEYWORDS:	Bloom's: Remember
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2. Essential fat constitutes about 3 percent of the total weight in women.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.6 - Understand the components of body composition.
KEYWORDS:	Bloom's: Remember
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3. Storage fat is the body fat needed for normal physiological functions.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.6 - Understand the components of body composition.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/5/2018 5:45 AM
DATE MODIFIED:	1/5/2018 5:55 AM

4. Nonresponders constitute about 15 percent of exercise participants.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	2.2 Responders Versus Nonresponders
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.1 - Identify the health-related components of physical fitness.
KEYWORDS:	Bloom's: Remember
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5. Good muscular strength helps to increase or maintain a higher resting metabolic rate.
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	2.5 Muscular Fitness
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.3 - Understand the difference between muscular strength and muscular endurance.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/5/2018 5:45 AM
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6. Most low back problems in the United States stem from genetic factors.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	2.6 Muscular Flexibility
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.5 - Assess muscular flexibility.
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7. A person with functional independence cannot carry out activities of daily living without assistance from others.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	2.4 Cardiorespiratory Endurance
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/5/2018 5:45 AM
DATE MODIFIED:	1/5/2018 5:55 AM

8. A constant negative caloric balance leads to a decrease in lean body mass.
   a. True
   b. False

ANSWER:	True
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.9 - Assess disease risk based on body mass index (BMI), waist circumference, and waist-to-height ratio.
KEYWORDS:	Bloom's: Remember
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9. The 1.0-Mile-Walk Test alone can determine an individual's overall level of fitness.
   a. True
   b. False

ANSWER:	False
POINTS:	1
REFERENCES:	2.3 Fitness Assessment Battery
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.1 - Identify the health-related components of physical fitness.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/5/2018 5:45 AM
DATE MODIFIED:	1/5/2018 5:55 AM

10. Too much flexibility leads to unstable and loose joints, which can actually increase the likelihood of injury.
    a. True
    b. False

ANSWER:	True
POINTS:	1
REFERENCES:	2.6 Muscular Flexibility
QUESTION TYPE:	True / False
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.5 - Assess muscular flexibility.
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11. The most widely used technique for determining thinness and excessive fat is the ____.
    a. 1.0-Mile-Walk Test
    b. Basal Metabolic Rate
    c. Muscular Endurance Test
    d. Strength Test
    e. Body Mass Index

    ANSWER: e
    POINTS: 1
    REFERENCES: 2.7 Body Composition
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.7 - Assess body composition.
    KEYWORDS: Bloom's: Remember
    DATE CREATED: 1/5/2018 5:45 AM
    DATE MODIFIED: 1/5/2018 5:55 AM

12. When taking skinfold thickness measurements, which of the following guidelines should be followed?
    a. Use the chest, abdomen, and thigh skinfolds for women.
    b. Use the triceps, suprailium, and thigh skinfolds for men.
    c. Take all measurements on the right side of the body with the person standing.
    d. Take all measurements on the left side of the body with the person lying in a supine position.
    e. Measure each site twice.

    ANSWER: c
    POINTS: 1
    REFERENCES: 2.7 Body Composition
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.7 - Assess body composition.
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13. Which body composition assessment method uses low-dose beams of X-ray energy?
    a. Hydrostatic weighing
    b. Air displacement
    c. Skinfold thickness
    d. Bioelectrical impedance
    e. DEXA

    ANSWER: e
    POINTS: 1
    REFERENCES: 2.7 Body Composition
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.7 - Assess body composition.
    KEYWORDS: Bloom's: Remember
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14. Storage fat is stored ____.
    a. in muscle tissue
    b. in adipose tissue
    c. only around the heart
    d. only in the abdomen
    e. in the skin

    ANSWER: b
    POINTS: 1
    REFERENCES: 2.7 Body Composition
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.6 - Understand the components of body composition.
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15. Much of the blood glucose from food consumption goes to the muscles, where it is stored as ____.
    a. triglycerides
    b. glycogen
    c. protein
    d. glucagon
    e. sucrose

ANSWER:	b
POINTS:	1
REFERENCES:	2.5 Muscular Fitness
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.3 - Understand the difference between muscular strength and muscular endurance.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/5/2018 5:45 AM
DATE MODIFIED:	1/5/2018 5:55 AM

16. What is muscular endurance?
    a. The muscle's ability to exert maximum force against resistance
    b. The muscle's ability to participate in many types of sports or activities
    c. The ability of a muscle to achieve a wide range of motion
    d. The ability of a muscle to exert submaximal force repeatedly over time
    e. The capacity of muscles to stretch beyond their normal resting length

ANSWER:	d
POINTS:	1
REFERENCES:	2.5 Muscular Fitness
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.3 - Understand the difference between muscular strength and muscular endurance.
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17. Gynoid obesity is seen in people who store fat primary around ____.
    a. the trunk
    b. the abdomen
    c. the thighs
    d. the breasts
    e. the arms

ANSWER:	c
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.7 - Assess body composition.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/5/2018 5:45 AM
DATE MODIFIED:	1/5/2018 5:55 AM

18. Which BMI range is considered normal?
    a. 14 to 18
    b. 18.5 to 21
    c. 22 to 25
    d. 26 to 33
    e. 34 to 37

ANSWER:	b
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.7 - Assess body composition.
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19. Which upper body exercise, used for the muscular endurance test, is performed only by men?
    a. Modified Pushup
    b. Bench Jump
    c. 1 RM
    d. Modified Dip
    e. Abdominal Crunch

    ANSWER: d
    POINTS: 1
    REFERENCES: 2.5 Muscular Fitness
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.4 - Assess muscular strength.
    KEYWORDS: Bloom's: Remember
    DATE CREATED: 1/5/2018 5:45 AM
    DATE MODIFIED: 1/5/2018 5:55 AM

20. Muscular flexibility relates primarily to ____ and the index of physical activity.
    a. body temperature
    b. age
    c. gender
    d. genetic factors
    e. weight

    ANSWER: d
    POINTS: 1
    REFERENCES: 2.6 Muscular Flexibility
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.5 - Assess muscular flexibility.
    KEYWORDS: Bloom's: Remember
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21. When assessing body composition, why should the same technique be used for pre- and post-test comparisons?
    a. Some techniques yield estimates of body fat, and some yield estimates of bone density.
    b. Some techniques are highly accurate, and some are usually inaccurate.
    c. Some techniques measure in grams and others in ounces.
    d. All the techniques are very time-consuming to set up and administer.
    e. Each technique might yield slightly different values.

    ANSWER: e
    POINTS: 1
    REFERENCES: 2.7 Body Composition
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.7 - Assess body composition.
    KEYWORDS: Bloom's: Remember
    DATE CREATED: 1/5/2018 5:45 AM
    DATE MODIFIED: 1/5/2018 5:55 AM

22. Some research indicates that lack of improvement in cardiorespiratory endurance among inactive adults might be related to low levels of ____.
    a. leg strength
    b. blood glucose
    c. upper body strength
    d. overall flexibility
    e. body fat

    ANSWER: a
    POINTS: 1
    REFERENCES: 2.2 Responders Versus Nonresponders
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.1 - Identify the health-related components of physical fitness.
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23. In general, which is the single most important component of health-related physical fitness?
    a. Body weight
    b. Muscular flexibility
    c. Muscular endurance
    d. Muscular strength
    e. Cardiorespiratory endurance

ANSWER:	e
POINTS:	1
REFERENCES:	2.4 Cardiorespiratory Endurance
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/5/2018 5:45 AM
DATE MODIFIED:	1/5/2018 5:55 AM

24. Which health-related component of physical fitness seems the most important in the senior population?
    a. Muscular strength
    b. Muscular endurance
    c. Muscular flexibility
    d. Cardiorespiratory endurance
    e. Body weight

ANSWER:	a
POINTS:	1
REFERENCES:	2.5 Muscular Fitness
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.3 - Understand the difference between muscular strength and muscular endurance.
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25. Alfred is a 25-year-old male. What is his recommended body fat percent range?
    a. 12 percent to 20 percent
    b. 13 percent to 21 percent
    c. 14 percent to 22 percent
    d. 17 percent to 25 percent
    e. 18 percent to 26 percent

ANSWER:	a
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.7 - Assess body composition.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/5/2018 5:45 AM
DATE MODIFIED:	1/5/2018 5:55 AM

26. Susan is a 55-year-old female. What is her recommended body fat percent range?
    a. 12 percent to 20 percent
    b. 13 percent to 21 percent
    c. 14 percent to 22 percent
    d. 17 percent to 25 percent
    e. 19 percent to 27 percent

ANSWER:	e
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.7 - Assess body composition.
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27. Which of the following activities is most likely to promote cardiorespiratory endurance?
    a. Plyometrics
    b. Yoga
    c. Calisthenics
    d. Lifting weights
    e. Cross-country skiing

ANSWER: e
POINTS: 1
REFERENCES: 2.4 Cardiorespiratory Endurance
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.
KEYWORDS: Bloom's: Remember
DATE CREATED: 1/5/2018 5:45 AM
DATE MODIFIED: 1/5/2018 5:55 AM

28. Cardiorespiratory endurance is determined by ____.
    a. maximum heart rate
    b. resting heart rate
    c. VO2max
    d. blood oxygen saturation
    e. blood pressure during exercise

ANSWER: c
POINTS: 1
REFERENCES: 2.4 Cardiorespiratory Endurance
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.
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29. The human body burns about ____ calories for each liter of oxygen consumed.
    a. 2
    b. 5
    c. 8
    d. 12
    e. 15

    ANSWER: b
    POINTS: 1
    REFERENCES: 2.4 Cardiorespiratory Endurance
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.
    KEYWORDS: Bloom's: Remember
    DATE CREATED: 1/5/2018 5:45 AM
    DATE MODIFIED: 1/5/2018 5:55 AM

30. What is maximal oxygen uptake (VO2max)?
    a. The maximum amount of oxygen the human body can use per minute of physical activity
    b. The length of time it takes the heart rate to return to normal after exercise
    c. The minimum amount of oxygen the human body can use per minute of physical activity
    d. The time it takes a person to reach a heart rate between 120 and 170 during a 1.0-Mile-Walk Test
    e. The difference between the maximal heart rate and the resting heart rate

    ANSWER: c
    POINTS: 1
    REFERENCES: 2.4 Cardiorespiratory Endurance
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.
    KEYWORDS: Bloom's: Remember
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31. A maximal oxygen uptake of 45 mL/kg/min. for a 22-year-old male is considered ____.
    a. poor
    b. fair
    c. average
    d. good
    e. excellent

ANSWER:	d
POINTS:	1
REFERENCES:	2.4 Cardiorespiratory Endurance
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.
KEYWORDS:	Bloom's: Remember
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DATE MODIFIED:	1/5/2018 5:55 AM

32. Which assessment gives a good measure of absolute strength but also requires some skill and a considerable amount of time to administer?
    a. Bench Jump
    b. Modified Pushup
    c. Modified Dip
    d. Bent-Leg Curl-up
    e. 1 RM

ANSWER:	e
POINTS:	1
REFERENCES:	2.5 Muscular Fitness
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.4 - Assess muscular strength.
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DATE CREATED:	1/5/2018 5:45 AM
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33. Which of the following is the best predictor for cardiovascular disease?
    a. Waist size
    b. BMI
    c. Physical fitness
    d. Age
    e. Waist-to-height-ratio

ANSWER:	e
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.7 - Assess body composition.
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DATE CREATED:	1/5/2018 5:45 AM
DATE MODIFIED:	1/5/2018 5:55 AM

34. During the Abdominal Crunch test, you should ____.
    a. shrug your shoulders
    b. place your chin against your chest
    c. regulate your cadence with a metronome set at 60 beats per minute
    d. cross your arms in front of your chest
    e. lie on the floor with your legs straight

ANSWER:	c
POINTS:	1
REFERENCES:	2.5 Muscular Fitness
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.4 - Assess muscular strength.
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35. Flexibility exercises have been prescribed successfully to treat ____.
    a. dysmenorrhea
    b. type 2 diabetes
    c. arthritis
    d. varicose veins
    e. gastrointestinal problems

ANSWER:	a
POINTS:	1
REFERENCES:	2.6 Muscular Flexibility
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.5 - Assess muscular flexibility.
KEYWORDS:	Bloom's: Remember
DATE CREATED:	1/5/2018 5:45 AM
DATE MODIFIED:	1/5/2018 5:55 AM

36. How often during a fitness program should you repeat body composition measurements to monitor changes in lean and fat tissue?
    a. Once a week
    b. Once a month
    c. Every 3 months
    d. Every 6 months
    e. Once a year

ANSWER:	b
POINTS:	1
REFERENCES:	2.8 Effects of Exercise and Diet on Body Composition
QUESTION TYPE:	Multiple Choice
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.9 - Assess disease risk based on body mass index (BMI), waist circumference, and waist-to-height ratio.
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37. According to sports medicine specialists, many adults' muscular/skeletal problems and injuries are related to a lack of _____.
    a. strength
    b. cardiorespiratory endurance
    c. flexibility
    d. balance
    e. coordination

    ANSWER: c
    POINTS: 1
    REFERENCES: 2.6 Muscular Flexibility
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.5 - Assess muscular flexibility.
    KEYWORDS: Bloom's: Remember
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    DATE MODIFIED: 1/5/2018 5:55 AM

38. What is the Modified Sit-and-Reach Test used to assess?
    a. Quadriceps flexibility
    b. Hip flexibility
    c. Hamstring and low back flexibility
    d. Shoulder and chest flexibility
    e. Back and abdominal flexibility

    ANSWER: c
    POINTS: 1
    REFERENCES: 2.6 Muscular Flexibility
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.5 - Assess muscular flexibility.
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39. During aerobic exercise, the average person trains at between ____ percent of maximal oxygen uptake.
    a. 40 and 70
    b. 50 and 75
    c. 60 and 80
    d. 70 and 85
    e. 80 and 90

    ANSWER: b
    POINTS: 1
    REFERENCES: 2.4 Cardiorespiratory Endurance
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.
    KEYWORDS: Bloom's: Remember
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    DATE MODIFIED: 1/5/2018 5:55 AM

40. Jennifer has a WHtR of 0.6. In which health category is she?
    a. Excellent
    b. Good
    c. Acceptable
    d. Take Care
    e. Take Action

    ANSWER: d
    POINTS: 1
    REFERENCES: 2.7 Body Composition
    QUESTION TYPE: Multiple Choice
    HAS VARIABLES: False
    LEARNING OBJECTIVES: FITW.HOEG.13.2.7 - Assess body composition.
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    Select the key term most associated with the description below. Each term is used only once.
    a. android obesity
    b. visceral fat
    c. functional independence
    d. subcutaneous fat
    e. metabolic profile

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f. principle of individuality
g. resting metabolism
h. sarcopenia
i. stretching
j. lean body mass

REFERENCES: 2.4 Cardiorespiratory Endurance
2.7 Body Composition
2.5 Muscular Fitness
2.6 Muscular Flexibility
2.3 Fitness Assessment Battery
2.2 Responders Versus Nonresponders

QUESTION TYPE: Matching

HAS VARIABLES: False

LEARNING OBJECTIVES: FITW.HOEG.13.2.1 - Identify the health-related components of physical fitness.
FITW.HOEG.13.2.2 - Assess cardiorespiratory fitness.
FITW.HOEG.13.2.3 - Understand the difference between muscular strength and muscular endurance.
FITW.HOEG.13.2.5 - Assess muscular flexibility.
FITW.HOEG.13.2.7 - Assess body composition.

KEYWORDS: Bloom's: Remember

DATE CREATED: 1/5/2018 5:45 AM

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41. the ability to carry out activities of daily living without assistance from other individuals

ANSWER: c
POINTS: 1

42. fat deposits directly under the skin

ANSWER: d
POINTS: 1

43. age-related loss of lean body mass, strength, and function

ANSWER: h
POINTS: 1

44. the energy requirement to maintain the body's vital processes in the resting state

ANSWER: g
POINTS: 1

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45. moving the joints beyond the accustomed range of motion

ANSWER: i
POINTS: 1

46. obesity pattern seen in individuals who tend to store fat in the trunk or abdominal area

ANSWER: a
POINTS: 1

47. result of the assessment of diabetes and cardiovascular disease risk through plasma insulin, glucose, lipid, and lipoprotein levels

ANSWER: e
POINTS: 1

48. fat deposits located around internal organs linked with greater risk for disease

ANSWER: b
POINTS: 1

49. nonfat component of the body

ANSWER: j
POINTS: 1

50. training concept that states that genetics plays a major role in individual responses to exercise training and that these differences must be considered when designing exercise programs for different people

ANSWER: f
POINTS: 1

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51. Compare health fitness standards and physical fitness standards.

ANSWER:	Health fitness standards are the lowest fitness requirements for maintaining good health, decreasing the risk for chronic diseases, and lowering the incidence of muscular/skeletal injuries. Attaining the health fitness standards requires only moderate amounts of physical activity. The physical fitness standard is set higher than the health fitness standard and requires a more vigorous exercise program. Physical fitness standards are required criteria to achieve a high level of physical fitness and the ability to do moderate-to vigorous physical activity without undue fatigue.
POINTS:	1
REFERENCES:	2.3 Fitness Assessment Battery
QUESTION TYPE:	Subjective Short Answer
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.1 - Identify the health-related components of physical fitness.
KEYWORDS:	Bloom's: Remember
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52. Describe the correct anatomical landmarks for all five skinfold sites.

ANSWER:	Chest: a diagonal fold halfway between the shoulder crease and the nipple Abdomen: a vertical fold about 1 inch to the right of the umbilicus Triceps: a vertical fold on the back of the upper arm, halfway between the shoulder and the elbow Thigh: a vertical fold on the front of the thigh, midway between the knee and the hip Suprailium: a diagonal fold above the crest of the ilium (on the side of the hip)
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	Objective Short Answer
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.7 - Assess body composition.
KEYWORDS:	Bloom's: Remember
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53. Describe how the Bent-Leg Curl-up is performed.

ANSWER:	For the Bent-Leg Curl-up, lie down on the floor face up, and bend both legs at the knees at approximately 100 degrees. Your feet should be on the floor, and you must hold them in place yourself throughout the test. Cross your arms in front of your chest, each hand on the opposite shoulder. Now raise your head off the floor, placing your chin against your chest. This is the starting and finishing position for each curl-up. The back of the head may not contact the floor, the hands cannot be removed from the shoulders, and neither the feet nor the hips can be raised off the floor at any time during the test. The test is terminated if any of these four conditions occur. When you curl up, your upper body must come to an upright position before going back down. The repetitions are performed to a two-step cadence (up-down) regulated with the metronome set at 40 beats per minute. Count as many repetitions as you can perform following the proper cadence. The test is terminated if you fail to maintain the appropriate cadence or if you accomplish 100 repetitions.
POINTS:	1
REFERENCES:	2.5 Muscular Fitness
QUESTION TYPE:	Objective Short Answer
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.4 - Assess muscular strength.
KEYWORDS:	Bloom's: Remember
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54. List and describe the different ways in which body composition can be assessed.

ANSWER:	Skinfold thickness: measure thickness of skin at different sites on the body for men and women Girth measurement: measurement around the middle of a body part, usually the waist Bioelectrical impedance: electrical sensors are placed on the skin to estimate body fat, lean mass, and body water Hydrostatic weighing: a person's regular weight is compared with their weight underwater Air displacement: computerized pressure sensors determine the amount of air displaced by a person sitting in an airtight chamber Dual energy X-ray absorptiometry (DEXA): low-dose beams of X-ray energy measure total body fat mass, fat distribution pattern, and bone density
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	Objective Short Answer
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.5 - Assess muscular flexibility.
KEYWORDS:	Bloom's: Remember
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55. Differentiate between android obesity and gynoid obesity. Based on recent evidence, discuss which group(s) of individuals are at an increased risk of developing chronic diseases and which of these diseases have been reported.

ANSWER:	Android obesity is seen in individuals who tend to store fat in the trunk or abdominal area (which produces the "apple" shape). Gynoid obesity is seen in people who store fat primarily around the hips and thighs (which creates the "pear" shape). Obese individuals with abdominal fat are clearly at higher risk for heart disease, hypertension, type 2 diabetes, stroke, some types of cancer, dementia, migraines, and diminished lung function. Evidence also indicates that among individuals with a lot of abdominal fat, those whose fat deposits are located around internal organs (intra-abdominal or visceral fat) rather than subcutaneously or retroperitoneally have an even greater risk for disease than those with fat mainly just beneath the skin (subcutaneous fat). Of even greater significance, the results of a recent study that followed more than 350,000 people over almost 10 years concluded that even when body weight is viewed as "normal," individuals with a large waist circumference nearly double the risk for premature death. Researchers believe visceral fat secretes harmful inflammatory substances that contribute to chronic conditions.
POINTS:	1
REFERENCES:	2.7 Body Composition
QUESTION TYPE:	Objective Short Answer
HAS VARIABLES:	False
LEARNING OBJECTIVES:	FITW.HOEG.13.2.7 - Assess body composition.
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