Developmental Physical Education for All Children 5th edition Donnelly Test Bank

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1. Proper nutrition and physical activity are critical during childhood because they contribute to

*a. brain, nerve, bone, and muscle growth

b. bone and muscle growth only

c. brain and nerve growth only

d. brain growth only

2. All but which of the following statements agree with the *Dietary Guidelines for Americans* (2010)?

a. Choose whole grains for at least half of your grains.

b. Choose food that is low in sodium.

c. Include lean meat, fish, and poultry.

*d. Drink whole milk.

e. Fill half of your plate with fruits and vegetables.

3. Children can perform endurance activities at the same intensity and duration as adults due to their levels of blood hemoglobin.

a. True
*b. False

4. Children should begin weight training with free weights and appropriately sized exercise machines beginning in grade 3.

a. True
*b. False

5. Physical fitness activities consist of mass exercise in which all participants perform in the same ways.

a. True
*b. False

6. The results of physical fitness tests should be interpreted and used to set individual goals.

*a. True
b. False

7. On the first day of fourth grade, all students should take a battery of fitness tests.

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a. True
*b. False

8. Teachers should use fitness test results for grading.

a. True
*b. False

9. Proper nutrition influences cognitive development because the brain (in particular, the frontal lobes) continues to develop during childhood.

*a. True
b. False

10. *Physical Activity Guidelines for Americans* (2008) recommends that children accrue _____ minutes of physical activity per day in order to decrease obesity and other debilitating health conditions.

Correct Answer(s):
a. 60

11. Define cardiorespiratory endurance.

Correct Answer:
ability to continue a vigorous activity that places demands on the heart, lungs, and vascular system for an extended period of time without undue fatigue

12. Define muscular endurance.

Correct Answer:
ability to exert force against an object that is external to the body for several repetitions without fatigue

13. Define muscular strength.

Correct Answer:
ability to exert maximum force against an object that is external to the body

14. Define flexibility.

Correct Answer:
ability of joints to move through their full range of motion

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15. Define body composition.

Correct Answer:
proportion of lean body mass to fat body mass

16. Indicate the grade range in which children are expected to know the components of health-related fitness and to be learning how to apply the FITT principle to each component.

Correct Answer:
grades 3 through 5

17. What is the earliest grade range in which the teacher increases and decreases the duration of children's participation in locomotor skills in order to engage them in fitness?

Correct Answer:
pre-K

18. What is the earliest grade range in which children are expected to recognize the physiological changes associated with moderate and vigorous physical activity?

Correct Answer:
K-2

19. Why should standardized fitness assessment begin in grade 4?

Correct Answer:
Children's movement skills and physical capacity are sufficiently developed to perform testing tasks correctly and safely.

20. What is an appropriate earliest grade range during which children may participate in a variety of stations that implicitly reinforce all of the health-related fitness components?

Correct Answer:
K-2

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