Fitness for Life Canada With Web Resources (Canadian) 1st edition Le Masurier Test Bank

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1. Adopting Healthy Lifestyles and Self Management Skills
Identify the answer below that places the fitness, health, and wellness factors (determinants) in order of the factors you have most control over to the factors you have the least control over.

a. personal, environmental and health care, social, healthy lifestyles
b. social, personal, environmental and health care, healthy lifestyles
c. healthy lifestyles, environmental and health care, social, personal
*d. healthy lifestyles, social, environmental and health care, personal

2. Adopting Healthy Lifestyles and Self Management Skills 2
As you climb the Stairway to Lifetime Fitness, you move from your present level of activity and fitness to

a. self-assessment
b. self-management
*c. lifelong fitness, health, and wellness
d. self-planning

3. Adopting Healthy Lifestyles and Self Management Skills 3
Which term reflects the importance of regular physical activity, sound nutrition, and stress management?

a. personal factors
b. wellness factors
*c. priority healthy lifestyles
d. controllable health factors

4. Adopting Healthy Lifestyles and Self Management Skills 4
The _____ is a series of steps to help you achieve lifetime fitness.

a. Stairway to Health
b. Stairway to Level 1
*c. Stairway to Lifetime Fitness, Health, and Wellness
d. Stairway to Wellness

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5. Adopting Healthy Lifestyles and Self Management Skills 5
Which list has the stages of change for a healthy lifestyle in the correct sequence?

a. contemplation, precontemplation, action, planning, maintenance
*b. precontemplation, contemplation, planning, action, maintenance
c. contemplation, planning, precontemplation, action, maintenance
d. precontemplation, planning, contemplation, action, maintenance

6. Adopting Healthy Lifestyles and Self Management Skills 6
Which statement is true about the stages of change for a healthy lifestyle?

*a. No matter what the lifestyle, the goal is to move from stage 1 to stage 5.
b. No matter what the lifestyle, the goal is to move from stage 5 to stage 1.
c. No matter what the lifestyle, the goal is to move up one stage a month.
d. No matter what the lifestyle, the goal is to move to the stage that is right for you.

7. Adopting Healthy Lifestyles and Self Management Skills 7
Which skill enables you to evaluate your fitness, health, wellness, and lifestyle so that you can make good decisions and set goals?

*a. self-assessment
b. self-management
c. self-talk
d. self-reflection

8. Adopting Healthy Lifestyles and Self Management Skills 8
_____ refers to movement using the large muscles of the body.

a. Exercise
b. Physical exertion
*c. Physical activity
d. Kinesiology

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9. Adopting Healthy Lifestyles and Self Management Skills 9
List three benefits of leading a healthy lifestyle.

Correct Answer:
Correct answers can include any three: feeling good, looking good, learning better, enjoying life, meeting emergencies

10. Adopting Healthy Lifestyles and Self Management Skills10
Explain how friends are important social and individual factors that affect your fitness, health, and wellness.

Correct Answer:
Possible answer: Friends can influence our behaviours. Some friends might lead us to try risky behaviours (like eating unhealthy food, smoking, and drinking), while other friends might lead us to healthy behaviours (eating fruits and vegetables, exercising).

12. Adopting Healthy Lifestyles and Self Management Skills12
Which term reflects the friends you choose and your interactions with friends that affect your fitness, health, and wellness?

a. personal factors
*b. social and individual factors
c. environmental factors
d. friendship factors

13. Adopting Healthy Lifestyles and Self Management Skills13
Which term describes a form of physical activity designed to improve your fitness?

a. human kinetics
b. exercise physiology
c. physical fitness
*d. exercise

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14. Adopting Healthy Lifestyles and Self Management Skills14
Identify one benefit of healthy lifestyles that is important to you and briefly explain why.

Correct Answer:
Possible answer: Looking good. If I look good I might be able to get a girlfriend [or boyfriend].

15. Adopting Healthy Lifestyles and Self Management Skills15
Which statement is true?

*a. Learning self-assessment skills helps you to see that you need to make changes and to know what changes you need to make.
b. Learning self-management skills in not an important skill for helping you think about change.
c. Learning self-management skills is the second step in the Stairway to Lifetime Fitness, Health, and Wellness model.
d. Learning self-management skills comes naturally to most people and doesn't need to be practiced.

16. Adopting Healthy Lifestyles and Self Management Skills16
Learning to _____ helps you make good decisions and avoid quackery.

Correct Answer(s):
a. think critically
b. critically think

17. Adopting Healthy Lifestyles and Self Management Skills17
_____ such as your heredity, your age, your sex, or a disability are determinants over which you have little or no control.

a. Healthy lifestyle behaviours
*b. Personal factors
c. Environmental factors
d. Social and individual factors

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18. Adopting Healthy Lifestyles and Self Management Skills18
What term describes the fitness, health, and wellness determinant created by where you live and the surrounding neighbourhood?

a. personal factors
b. social and individual factors
c. healthy lifestyle behaviours
*d. environmental factors

19. Adopting Healthy Lifestyles and Self Management Skills19
Identify one determinant of fitness, health, and wellness that affects you. Explain how it affects your fitness, health, or wellness and whether or not you have control over this factor.

Correct Answer:
Possible answer: Environmental factor. I live in a large apartment complex in a big city. There aren't many places to play outside, and some areas of my neighbourhood are dangerous. I feel I have little control over this factor.

20. Adopting Healthy Lifestyles and Self Management Skills20
What stage of change for healthy lifestyles are you currently in, and how can you improve to reach the next stage?

Correct Answer:
Students should state which stage they are in (precontemplation, contemplation, planning, action, or maintenance) and outline a plan of action for moving to the next stage. If they are already active exercisers, they should describe how to maintain that level.

21. Adopting Healthy Lifestyles and Self Management Skills21
What term best describes throwing, kicking, and catching as abilities that help you perform better in sports and games and that also improve with practice?

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a. sport skills
b. skill-related fitness
*c. motor skills
d. muscle memory

22. Adopting Healthy Lifestyles and Self Management Skills22
What list includes skills for helping you think about change?

a. goal setting and planning, choosing good activities, managing stress
*b. positive attitudes, learning self-assessment, building knowledge and understanding
c. self-monitoring, overcoming barriers, thinking critically
d. positive self-talk, learning how to say no, finding support from others

23. Adopting Healthy Lifestyles and Self Management Skills23
What list includes skills for helping you maintain change?

a. goal setting and planning, choosing good activities, managing stress
b. positive attitudes, learning self-assessment, building knowledge and understanding
c. time management, managing stress, improving self-perceptions
*d. positive self-talk, learning how to say no, finding support from others

24. Adopting Healthy Lifestyles and Self Management Skills24
What list includes skills for helping you make change?

*a. goal setting and planning, choosing good activities, managing stress
b. positive attitudes, learning self-assessment, building knowledge and understanding
c. self-monitoring, overcoming barriers, thinking critically
d. positive self-talk, learning how to say no, finding support from others

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25. Adopting Healthy Lifestyles and Self Management Skills25
Identify two of the six self-management skills related to building knowledge and understanding.

Correct Answer:
Any two of the following: learn the facts first, use the scientific method, ask why, consult reliable sources, try to apply, put it all together

25. Adopting Healthy Lifestyles and Self Management Skills25
Identify two of the six self-management skills related to building knowledge and understanding.

Correct Answer:
Any two of the following: learn the facts first, use the scientific method, ask why, consult reliable sources, try to apply, put it all together

27. Adopting Healthy Lifestyles and Self Management Skills27
The _____ might visit an exercise facility or buy a new tennis racket.

a. activator
*b. planner
c. active exerciser
d. inactive thinker

28. Adopting Healthy Lifestyles and Self Management Skills28
You can be at one stage of change for one aspect of your lifestyle and at another stage for a different aspect of your lifestyle.

*a. True
b. False

29. Adopting Healthy Lifestyles and Self Management Skills29

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What is the term public health and medical scientists use to refer to factors that affect fitness, health, and wellness?

a. risk factors
b. healthy lifestyle factors
c. predisposing
*d. determinants

30. Adopting Healthy Lifestyles and Self Management Skills30
Which statement is true?

*a. Your heredity, your age, your sex, and a disability are determinants over which you have little or no control.
b. Your heredity, your age, your sex, and a disability are determinants over which you have a lot of control.
c. Your heredity, your age, your sex, and a disability are determinants that are controlled by the environment.
d. Your heredity, your age, your sex, and a disability are determinants over which your parents have a lot of control.

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