ACSM's Complete Guide to Fitness & Health 2nd edition Bushman Test Bank

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ACSM Chapter 1 Test Questions

1. Components of fitness
Which of the following is considered a skill-related component of fitness?

a. flexibility
*b. coordination
c. aerobic fitness
d. muscular fitness

2. Components of fitness 2
What are the four health-related components of physical fitness?

*a. aerobic fitness, muscular fitness, flexibility, and body composition
b. aerobic fitness, muscular fitness, power, and speed
c. agility, balance, reaction time, and coordination
d. agility, muscular strength, power, and speed

3. Components of fitness 3
Consider this statement: Resistance training is important for everyone throughout the lifespan.

a. False. Only those past puberty should do resistance training.
b. False. Resistance training is appropriate only for adults between the ages of 18 to 60.
c. False. Resistance training is needed only for those involved in strength-based athletic competition.
*d. True. Children, adults, and older adults can all benefit from activities that strengthen muscles.

4. Physical activity in America
How would you describe the general trend over the past decade or so regarding the percentage of Americans who engage in aerobic exercise and resistance training?

a. Activity levels are steadily increasing.
b. Activity levels peaked in 2000 but now are dropping.
*c. Activity levels have not changed significantly over time.
d. Activity levels have declined steadily and are now at an all-time low.

5. Physical activity in America 2
Which age group is the LEAST active in aerobic activity, resistance training, and leisure-time activity?

a. 18- to 24-year-olds

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b. 25- to 44-year-olds
c. 45- to 64-year-olds
*d. 65-year-olds and older

6. Healthy eating
Which of the following is NOT part of a healthy eating pattern as defined by the *Dietary Guidelines*?

a. variety of protein foods
*b. saturated fats
c. vegetables
d. grains

7. Healthy habits
Which of the following is NOT beneficial to improving sleep?

a. Exercise daily.
b. Turn off electronics before bed.
*c. Consume some alcohol prior to bedtime to help promote relaxation.
d. Ensure bedroom conditions related to temperature and light are controlled.

8. Wellness
Occupational satisfaction is not a dimension of wellness.

a. True
*b. False

9. Physical activity in America 3
Americans can substantially improve their health and quality of life by including moderate amounts of physical activity in their daily lives.

*a. True
b. False

10. Physical activity in America 4
In the U.S., activity increases and inactivity decreases with age during adulthood.

a. True
*b. False

11. Healthy habits 2
Progression from prediabetes to diabetes can be delayed or even prevented by losing weight and increasing physical activity.

*a. True

b. False

12. Physical activity in America 5
Declines in muscle mass begin around age 20, and the decline slows after age 65.

a. True
*b. False

13. Stress management
Acute stress that is experienced frequently is referred to as episodic acute stress.

*a. True
b. False

14. Physical activity for kids
List four health benefits associated with regular physical activity for children and adolescents.

Correct Answer:
Select from any four of the following: improved cardiorespiratory fitness, improved muscular fitness, improved bone health, improved cardiorespiratory and metabolic health biomarkers, favorable body composition, and reduced symptoms of depression.

15. Healthy habits 3
Regular physical activity can lower the risk of developing many diseases and medical conditions. List four.

Correct Answer:
Select from any four of the following: coronary heart disease, stroke, high blood pressure, high cholesterol (adverse blood lipid profile), type 2 diabetes, metabolic syndrome, colon cancer, breast cancer, lung cancer, and endometrial cancer.

16. Wellness 2
List four of the five dimensions of wellness.

Correct Answer:
Select any four of the following: physical, mental, social, intellectual, and spiritual.

17. Healthy habits 4
Describe four ways to ensure a good night's sleep.

Correct Answer:
keeping to a sleep schedule, exercising regularly, relaxing before going to bed, getting out of bed if not able to sleep, limiting naps

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18. Wellness 3
What are three potential ways that exercise can benefit mental well-being?

Correct Answer:
Select from any three of the following: increases self-confidence, provides distraction, enhances mood, induces physical relaxation, enhances self-esteem, and promotes positive body image.

19. Healthy habits 5
What is a simple indicator that a person is NOT getting enough sleep?

Correct Answer:
Sleepiness during the day is a simple but clear indicator of needing more sleep.

20. Stress management 2
Untreated chronic stress has been found to contribute to some health conditions; name three of these health conditions.

Correct Answer:
Select from the following: anxiety, insomnia, muscle pain, high blood pressure, weakened immune system, heart disease, depression, and obesity.