Physical Best 4th edition Conkle Test Bank

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1. What has happened to the obesity rate for elementary children in the past 50 years?

a. increased 10 percent

b. doubled

*c. tripled

d. stabilized

2. What percentage of adolescents aged 12 to 15 meet the recommendations for physical activity on all 7 days of the week?

a. 15 percent

*b. 25 percent

c. 35 percent

d. 50 percent

3. Who has the greatest influence in terms of social support on the physical activity level of children?

a. siblings

b. peers

c. teachers

*d. parents

4. Self-efficacy and competence can best be increased

a. by engaging in highly challenging tasks

*b. through practice that results in a good success rate

c. by observing videos

d. by using a competitive environment that rewards highly skilled students

5. To motivate sedentary children and adolescents physical activity should be

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a. fast-paced and competitive

b. strenuous workouts that leave you dripping in sweat

*c. positive and enjoyable

d. done at one intensity level for everyone

6. Which of the following is NOT true of the Whole School, Whole Community, Whole Child (WSCC) model?

a. Provides students opportunities to practice skills outside of school

*b. Can replace physical education when budgets are tight

c. Makes connections between health, nutrition, and physical activity

d. Recognizes the importance of a positive and inclusive school climate

7. Self-determined behavior refers to

a. extrinsic motivation

*b. intrinsic motivation

c. the self-fulfilling prophecy

d. the Inverted U Hypothesis

8. Which of the following does NOT increase when students are allowed to make choices concerning fitness activities?

a. sense of control

b. autonomy

c. empowerment

*d. dependency

9. Social connectedness is promoted by all of the following EXCEPT

a. team obstacle courses (e.g., Tough Mudder, Spartan Race)

b. the sport education model

*c. designing and carrying out a personal running plan

d. apps and websites with group fitness challenges

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10. What is CSPAP?

a. a supplemental program for making recess more active

b. an initiative to obtain daily physical education in the public schools

c. a national organization dedicated to the fitness levels of school-aged children

*d. a K-12 curriculum that includes activity before, during, and after school and in the community

11. Which type of motivation occurs when reinforcement is presented to increase the likelihood of the behavior occurring again?

a. social

b. integrated

c. intrinsic

*d. extrinsic

12. What is the primary intrinsic reason students give for participating in physical activity?

a. getting fit

*b. enjoyment

c. losing weight

d. developing skill

13. What is the first step when setting a fitness goal?

a. defining the desired outcome

b. identifying a time line

*c. determining a baseline

d. listing activities to be used to increase fitness

14. According to the Stages of Change (Transtheoretical) Model, in what stage is a person who resists change and believes that change isn't necessary?

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*a. precontemplation

b. contemplation

c. preparation

d. maintenance

15. According to the Stages of Change (Transtheoretical) Model, in what stage is a person who is setting goals, working at a plan, and improving but is still at risk for relapse?

a. contemplation

*b. action

c. preparation

d. maintenance