Clinical Exercise Physiology 4th edition Ehrman Test Bank

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1. The transtheoretical stages of change model seeks to categorize people into various stages based on their readiness to make a behavioral change. These include the following stages of change:

a. precontemplation, contemplation, and action

*b. precontemplation, contemplation, preparation, action, and maintenance

c. contemplation, action, maintenance, and relapse

d. precontemplation, contemplation, preparation, action, maintenance, and relapse

2. Which demographic factor or factors are most associated with sedentary behaviors?

a. female gender

b. male gender

c. low socioeconomic status

*d. both *a* and *c*

3. Known mediators of physical activity among adults include

a. self-efficacy

b. social support

c. interpersonal behavioral processes

*d. all of these

4. According to the *Guide to Community Preventive Services*, which one of the following domains is *not* a recommended approach for physical activity interventions in communities?

a. informational approaches

*b. personal approaches

c. behavioral and social approaches

d. policy and environmental approaches

e. all of these are correct

5. According to Healthy People 2020, what is the minimum amount of aerobic physical activity an adult should achieve?

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a. 30 min of moderate or vigorous activity, 3 d/wk

b. 90 min of moderate or 60 min of vigorous activity per week

*c. 150 min of moderate or 75 min of vigorous activity per week

d. 60 min of moderate or vigorous activity per day

6. Self-efficacy is

*a. an individual's confidence that he can exercise under a number of circumstances

b. an individual's ability to exercise under a number of circumstances

c. an individual's likelihood that he will exercise under a number of circumstances

d. not associated with an individual's physical activity participation

7. Which of the following is *not* an essential message in campaigns promoting physical activity?

a. awareness of preexisting medical problems

b. appropriate mode of activity

c. principles of training intensity

*d. tips on proper footwear

e. all of these are essential

8. What is the underlying theme of an ecological perspective?

a. Bike paths encourage people to walk or bike to work.

*b. Interventions are more effective if they address multiple levels.

c. The physical environment limits physical activity.

d. Governmental policies are necessary to increasing physical activity.

9. Physical activity must be at least 20 min in duration to be effective to enhance health.

a. True
*b. False

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10. Cognitive-behavioral theories are not intended to be guides for designing physical activity interventions.

a. True
*b. False

11. Lifestyle-based physical activity promotion focuses on activity that encompasses a person's daily routine.

*a. True
b. False

12. Patient-Centered Assessment & Counseling for Exercise & Nutrition (PACE) was developed to assist exercise professionals in helping their clients overcome barriers to increasing physical activity.

a. True
*b. False

13. Exercise physiologists should be able to address environmental barriers and provide insights into how to overcome these barriers.

*a. True
b. False

14. Telling patients what to do to increase physical activity in their lives has been very effective in long-term compliance.

a. True
*b. False

15. The use of mobile health devices such as smartphones has been found to be a feasible behavioral approach to promoting physical activity.

*a. True
b. False

16. Wellness coaching is an emerging fitness profession that may play a positive role in promoting increased physical activity participation, increasing confidence in participation in health behaviors, and increasing overall quality of life for patients.

*a. True
b. False

17. Not having a good support system is a barrier to engaging in physical activity that can be addressed by the clinical exercise physiologist.

*a. True
b. False

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1. Walking for 30 min/d for 7 d results in a caloric expenditure of about

a. 500 kcal/wk

b. 1,000 kcal/d

*c. 1,050 kcal/wk

d. 1,050 kcal/d

2. Epidemiological studies suggest a weekly expenditure of ____ kcal will provide health benefits to reduce risk of cardiovascular heart disease.

*a. 1,000

b. 1,500

c. 2,000

d. 3,000

3. Which of the following is an example of vigorous physical activity?

a. gardening

b. raking

*c. playing soccer

d. walking

4. Greater musculoskeletal flexibility in older adults has been linked to improved safety when participating in which activity?

a. bathing

b. walking

*c. driving

d. carrying groceries

5. To prevent weight gain and regain, the U.S. Dietary Guidelines suggest _____ min/d of moderate-intensity physical activity.

a. 150

b. 30

c. 120

*d. 60 to 90

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6. Self-efficacy is a construct of which theory or model?

*a. social cognitive theory

b. health belief model

c. social support theory

d. theory of planned behavior

7. The use of incentives to increase participation in physical activity has been shown to be effective in the _____ term but not the _____ term.

*a. short; long

b. long; short

8. The clinical exercise physiologist should consult with a behavioral specialist in order to understand the human behavior associated with exercise adherence.

a. True
*b. False

9. The benefits of engaging in physical activity include lower rates of cancer, lower body fat, lower physical working capacity, and lower risk of diabetes mellitus.

a. True
*b. False

10. Healthy People 2020 has an objective to increase the number of adults who engage in more than 300 min/wk of moderate-intensity physical activity or more than 150 min/wk of vigorous activity.

*a. True
b. False

11. There are eight components of health-related fitness.

a. True
*b. False

12. Recent approaches to increasing participation in physical activity have put creation of supportive environments on the same level with the development of personal skills.

*a. True
b. False

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