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1. Which term refers to a model for health and well-being that consists of three parts?

a. exercise guidelines

*b. human movement paradigm

c. life span

d. SMART goals

2. Most adults in Canada spend approximately what percentage of most days in a seated position?

a. 3 hours

b. 7.5 hours

*c. 9.5 hours

d. 12 hours

3. What was the primary focus of the first ACSM position statement?

a. anaerobic strength training

b. high-intensity interval training (HIIT)

*c. aerobic cardiorespiratory training

d. cross-training

4. The first ACSM position statement encouraged people to do physical activity how many times per week?

a. one or two

b. two or three

*c. three to five

d. six or seven

5. According to CSEP's Physical Activity Guidelines, how many minutes per week of moderate-level physical activity should adults try to perform?

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a. 60

b. 90

c. 120

*d. 150

6. Despite the well-documented benefits of a physically active lifestyle, Canadians have focused more resources on disease care than on chronic disease prevention and wellness.

a. True
*b. False

7. Exercise is the best solution to the problem of sedentarism.

a. True
*b. False

8. ACSM guidelines note that accumulating 20 to 60 minutes of cardiorespiratory exercise in 10-minute bouts throughout the day is as acceptable as doing 20 to 60 continuous minutes of exercise.

*a. True
b. False

9. Work done at the Mayo Clinic determined that the negative effects on fitness of six hours of sedentary time were similar in magnitude to the benefit of one hour of exercise.

*a. True
b. False

10. The Canadian movement guidelines for children and youth now include recommendations for amounts of sleep, acknowledging the full 24 hours in a person's day.

*a. True
b. False

1. Which is NOT an example of good functional movement?

a. walking to class instead of taking the bus

b. hiking with friends

c. parking farther from your destination

*d. sitting and watching television

2. Experts suggest that one way to solve the current physical inactivity crisis is to look beyond guidelines and recommendations and focus more on which aspect of movement?

a. financial

b. spiritual

*c. behavioural

d. social

3. What percentage of adults in Canada exercise regularly?

a. 10 percent

*b. 15 percent

c. 35 percent

d. 60 percent

4. The term _____ is often defined as a written order by a physician or clinician for the administration of medicine.

a. exercise

b. physical activity

c. diagnosis

*d. prescription

5. Which organization is particularly known for its evidence-based exercise prescription?

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*a. American College of Sports Medicine (ACSM)

b. National Strength and Conditioning Association (NSCA)

c. American Council on Exercise (ACE)

d. Centers for Disease Control and Prevention (CDC)

6. When was the first ACSM position statement published?

a. 1969

*b. 1978

c. 1985

d. 1992

7. Which type of training was added as a mode of exercise in the 1998 ACSM position stand?

a. plyometric training

b. high-intensity interval training (HIIT)

c. cross-training

*d. flexibility training

8. Which exercise modality was adapted by baby boomers in the 1980s and 1990s?

*a. step and slide classes

b. high-impact aerobics

c. running marathons

d. outdoor cycling

9. Which is NOT one of the exercise modalities adapted by baby boomers in their 50s and 60s?

a. stability ball

b. balance device

*c. rowing machine

d. TRX

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10. According to CSEP's Physical Activity Guidelines, every adult (18-64 years) in Canada should accumulate at least how many minutes of moderate-to-vigorous-intensity physical activity each week?

a. 60 minutes

b. 90 minutes

*c. 150 minutes

d. 220 minutes

11. Which statement is NOT true of sedentary behaviour?

a. Spending significant time in sedentary behaviours increases disease risk.

b. Prolonged sitting can further increase disease risk in people who are already insufficiently physically active.

c. The molecular and physiological responses to too much sitting are neither opposite of nor the same as the responses that follow a bout of physical activity or exercise.

*d. Physical activity and exercise can make up for the consequences of too much sitting.

12. Workers who use sit-to-stand desks are how much more likely to report a pain-free day than those who do not use such desks?

a. 32 percent

b. 56 percent

*c. 78 percent

d. 84 percent

13. Canadians have kept pace with other nations in terms of advances in population health.

a. True
*b. False

14. People's choices about physical activity and functional movement training affect their quality and length of life, as well as how they look and feel.

*a. True
b. False

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15. To consistently integrate movement into their daily lives, people should focus on their choices and behaviours, as well as how they interact with their environment.

*a. True
b. False

16. The notion of human movement has expanded beyond exercise and now includes sedentarism.

*a. True
b. False

17. People can enhance their health and longevity by combining functional movement per se with functional movement training and by reducing sedentarism.

*a. True
b. False

18. The first ACSM position statement advocated performing movements that involved small muscle groups and doing sessions of low- to moderate-intensity activity.

a. True
*b. False

19. In 1990, the ACSM revised its position statement by expanding its exercise prescription to include resistance strength training twice per week for all major muscle groups.

*a. True
b. False

20. In the 2006 ACSM position statement, the initial FITT frame was removed despite the addition of a musculoskeletal focus.

a. True
*b. False

21. Flexibility and neuromotor practices have been studied as extensively as cardiorespiratory and muscular strength components of movement.

a. True
*b. False

22. As people age into their 70s, they tend to get more involved in walking, corrective exercise, and pool water walking.

*a. True
b. False

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23. The exercise prescription is now so complex that many people have struggled to determine what to do, how intensely to do it, and how often to do it.

*a. True
b. False

24. Movement in bouts lasting at least 10 minute count toward your weekly physical activity goals.

a. True
*b. False

25. The 24-Hour Movement Guidelines for Children and Youth and 24-Hour Movement Guidelines for the Early Years include recommendations for amounts of sleep.

*a. True
b. False

26. Chronic conditions are more likely to develop for middle-aged and older individuals who do not move daily and who sit a lot.

*a. True
b. False

27. What does the acronym FITT stand for?

Correct Answer:
frequency, intensity, time, and type

28. How do the CSEP Physical Activity Guidelines differ from the ACSM exercise guidelines?

Correct Answer:
CSEP prioritizes recommendations that are comprehensible for all members of society. In contrast, the ACSM exercise guidelines were written by scientists and intended for fitness professionals; therefore, they are much more comprehensive and detailed-and also harder for the general public to understand.

29. In relation to goal setting, what does the acronym SMART stand for?

Correct Answer:
specific, measurable, attainable, relevant, and time bound

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