Foundations of Physical Activity and Public Health 2nd edition Kohl Test Bank

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1. Physical Activity Versus Exercise
Which of the following descriptions best defines the term *exercise*?

*a. a specific type of physical activity that is planned, repetitive, and done for a specific purpose
b. a set of measureable physiological parameters
c. any movement of the body that results in additional energy expenditure above resting levels
d. physical attributes related to improved health
e. physical attributes related to athleticism

2. Physical Fitness Components
All of the following are examples of the components of physical fitness EXCEPT

a. balance
b. flexibility
*c. speed
d. cardiorespiratory endurance
e. musculoskeletal fitness

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4. Functional Health and Physical Function
Which of the following terms describes a state of reasonable health but with some disability and includes the maintenance of functional ability and role ability?

a. physically fit
b. athletic
c. physically active
*d. functional health/physical function
e. skill-related fitness

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5. Kinesiology Disciplines and Exercise Testing
Examining the effect of running and the euphoric "runner's high" on the production of serotonin in the brain is an example of which of the following subdisciplines of kinesiology?

a. movement sciences
b. sport and exercise psychology
c. physical therapy
d. pedagogy
*e. exercise physiology

6. Type of Physical Activities
_____ activities last for 3 to 15 minutes and require high levels of oxygen delivery to the working muscles.

*a. Aerobic power
b. Aerobic capacity
c. Anaerobic power
d. Anaerobic capacity

7. Type of Physical Activities 2
_____ activities stress the ability to maintain a high percentage of VO_2max for extended periods (i.e., 20 minutes or longer).

a. Aerobic power
*b. Aerobic capacity
c. Anaerobic power
d. Anaerobic capacity

8. Intensity of Physical Activities
Absolute intensity is often expressed as

a. a percentage of aerobic power
b. a percentage of max heart rate or max heart rate reserve
*c. walking at 4 miles per hour or jogging at 5 miles per hour
d. a percentage of 1-repetition maximum
e. ratings of perceived exertion

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9. Intensity of Physical Activities 2
Which of the following intensities is associated with physical activity or exercise at moderate intensity?

a. >8 METs
b. 7-8 METs
c. 6-7 METs
*d. 3-5 METs
e. <3 METs

10. Applying Physical Activity and Training Principles
Which of the following terms refers to the loss of health or fitness outcomes after the cessation of a regular program of physical activity or exercise?

a. specificity
b. overtraining
c. periodization
d. recovery
*e. detraining

11. FITT Concept
FITT stands for frequency, intensity, time, and type.

*a. True
b. False

12. Volume of Training
Total caloric expenditure is not influenced by the volume (or dosage) of training (physical activity or exercise) that one accumulates over time.

a. True
*b. False

13. Energy Expenditure
Resting energy expenditure while sitting at rest is equal to about 1 MET.

*a. True
b. False

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14. Types of Physical Activity or Exercise Training
Interval training requires an individual to work at a higher intensity for a few seconds or minutes followed by working at lower (recovery) intensities for the same amount of time.

*a. True
b. False

15. Type of Physical Activity
Dynamic physical activity or exercise requires muscle-shortening (concentric) and muscle-lengthening (eccentric) movements.

*a. True
b. False

16. Dose-Response Benefits
What term refers to the amount of physical activity needed to achieve health, fitness, or performance goals?

Correct Answer:
dose-response

17. Accumulation
What term refers to acquiring a specific dose of physical activity or exercise, or achieving a physical activity or exercise goal, by performing several shorter bouts and adding them up (e.g., three bouts lasting 10 minutes each to achieve 30 minutes of daily physical activity)?

Correct Answer:
accumulation

18. Anaerobic Activities
Which type of activity requires the use of nonoxidative energy systems (energy-producing reactions in the body that do not require oxygen), which allows one to work more effectively at high intensities for short durations?

Correct Answer:
anaerobic

19. Progression and Adaptation
What term refers to cycles of FITT variables, the volume of physical activity and exercise, and recovery time?

Correct Answer:
progression/adaptation

20. Compliance
What term refers to people's ability to continue to participate in regular physical activity or exercise programming?

Correct Answer:
compliance