ACSM's Health Related Physical Fitness Assessment 5th edition American College of Sports Medicine Test Bank

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1. Make distinctions between physical fitness and health-related physical fitness.

2. Define the “gold standard” within the context of fitness assessments.

3. Make distinctions between physical activity and exercise.

4. What are the three types of body tissue that comprise body composition.

5. Identify the five components of health-related physical fitness.

6. What two elements are termed by the U.S. Surgeon General as having a dose–response relationship? How does the dose affect the response?

7. List three reasons to measure health-related physical fitness.

8. What are the basic guidelines set forth by the 2008 Physical Activity Guidelines for Americans “for substantial health benefits”?

9. The “ability of the circulatory and the respiratory systems to supply oxygen during sustained physical activity” is a definition of
   A) Body composition
   B) Flexibility
   C) Muscular endurance
   D) Cardiorespiratory endurance

10. When considering the normal bell curve, approximately what percentage of responses falls within 1 standard deviation of the mean:
    A) 2%
    B) 13%
    C) 34%
    D) 68%

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11. Using the same procedures, instructions, and equipment each time a test is performed is an example of which fundamental principle of assessment?
    A) Equipment calibration
    B) Standardization
    C) Consistency
    D) The gold standard

12. Completing tasks of everyday living, known as ADLs, requires a minimal functional capacity of:
    A) 1.0 METs
    B) 3.5 METs
    C) 5.0 METs
    D) 7.5 METs

13. What is the recommendation from the 2008 Physical Activity Guidelines for Americans regarding muscle-strengthening activity?
    A) Muscle-strengthening activities can be substituted for moderate aerobic activity up to 3 $d \cdot wk^{-1}$.
    B) Muscle-strengthening activities are only recommended for those whose daily occupational activities require muscular strength.
    C) Adults should do some kind of muscular-strengthening activity at least 2 $d \cdot wk^{-1}$.
    D) Muscular-strengthening activity should be done as frequently as aerobic activity.

14. True or false? There is a national set of standards that has been set for HRPF measurement interpretation.
    A) True
    B) False

15. True or false? Physical fitness is independent of genetics and based only on an individual's exercise habits.
    A) True
    B) False

16. True or false? Muscular endurance is the ability of the muscle to perform activities that require high levels of muscular force.
    A) True
    B) False

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17. True or false? There is little benefit to exceeding the recommended activity guidelines set forth by the ACSM.
    A) True
    B) False

18. True or false? According to the 2008 Physical Activity Guidelines for Americans, the dose of exercise needed to achieve "additional and more extensive health benefits" is at least 300 min/week of moderate physical activity or 150 min/week of physical activity, or an equivalent combination of moderate and vigorous physical activity.
    A) True
    B) False

19. True or false? One way to decrease error in testing is to calibrate equipment before each testing session.
    A) True
    B) False

20. True or false? There is a universal set of standards that mandates a core of required curricula for university degree programs in the field of exercise science.
    A) True
    B) False

21. True or false? The minimum prerequisite requirements for certification by the ACSM as a group exercise instructor are that one be 18 years old with a high school degree and current certifications in CPR and AED.
    A) True
    B) False

22. Describe an everyday task or leisure-time pursuit to which one or more of the components of HRPF are important. Specify components and how they are used as part of this activity.

23. Muscle strength and muscle endurance are often combined into one component of HRPF known as _____.

24. Maximal force that can be generated by a specific muscle or muscle group is _____.

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25. Those individuals with the highest levels of physical fitness have both _____ and _____.

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Answer Key

1. Those specific components of physical fitness that have a relationship with good health.
2. The definitive or true measure.
3. Physical activity can be any bodily movement that is produced by the contraction of skeletal muscles that causes an increase over resting energy expenditure, whereas exercise is a specific type of such activity that is planned and structured for the purpose of maintaining physical fitness.
4. Bone, fat, and muscle.
5. The five components are cardiorespiratory fitness, body composition, flexibility, muscular strength, and muscular endurance.
6. Physical activity and health outcomes are compared in this term. Increased doses of physical activity have been shown to elicit responses of increased health benefits.
7. Three of the following:
   1) To educate participants
   2) To individualize exercise programs
   3) To evaluate exercise progress
   4) To motivate individuals toward goals
8. Moderate-intensity, aerobic physical activity should be performed for a minimum of 150 min/week **or** vigorous-intensity, aerobic physical activity should be performed for a minimum of 75 min/week, or an equivalent combination of moderate and vigorous physical activity.
9. D
10. D
11. B
12. C
13. C
14. B
15. B
16. B
17. B
18. B
19. A
20. B
21. A
22. Responses will vary.
23. muscle fitness
24. muscular strength
25. optimal genetic makeup; maximized exercise training

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