ACSM's Introduction to Exercise Science 3rd edition Potteiger Test Bank

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1. True or false? The mortality rate describes the relative increase in a disease condition within a specific population of people.
   A) True
   B) False

2. True or false? The morbidity rate describes the relative increase in a disease condition within a specific population of people.
   A) True
   B) False

3. True or false? Exercise is any deliberate and structured movement designed to improve fitness that an individual participates in during the day.
   A) True
   B) False

4. True or false? Exercise science professionals play an important role in promoting both individual and population health.
   A) True
   B) False

5. True or false? Exercise science is an interdisciplinary field of study because it includes knowledge developed in a variety of academic disciplines and subdisciplines.
   A) True
   B) False

6. True or false? Sport involves movement in structured and organized activities that includes a competitive aspect.
   A) True
   B) False

7. True or false? Sport involves free movement in unstructured activities that typically occurs in a playground environment.
   A) True
   B) False

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8. True or false? The American College of Sports Medicine was established primarily to promote the development of professional and amateur sports.
   A) True
   B) False

9. True or false? Position stands are a valuable way for professional organizations to disseminate information about a particular topic or issue.
   A) True
   B) False

10. True or false? A sound approach to developing an academic plan of study would include taking coursework that fulfills the requirements for taking a certification or licensure examination upon graduation.
   A) True
   B) False

11. True or false? Few exercise science and allied healthcare professions are regulated by governing organizations.
   A) True
   B) False

12. True or False? The number of individuals participating in NCAA-sponsored sports and high school athletics has remained at about the same level since the 1980s.
   A) True
   B) False

13. True or False? Physical activity is defined as those movement activities of daily living, including work and leisure time activities.
   A) True
   B) False

14. The leading causes of death in the United States and other developed countries are:
   A) a result of lifestyle related diseases.
   B) more prominent with increased levels of physical activity.
   C) the result of increases in the amount of physical labor performed by individuals.
   D) partly the result of low levels of physical inactivity.

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15. The structured movement process that individuals consciously and voluntarily engage in for the purpose of improving or maintaining fitness and health is called:
    A) physical activity.
    B) exercise.
    C) athletic competition.
    D) leisure activities.

16. Exercise science as an area of study:
    A) is closely related to the field of physical education.
    B) has curricular requirements that are very similar to health education.
    C) is primarily interested in the nutritional, physiologic, psychological, and functional adaptations to movement.
    D) is primarily interested in how an individual gains or acquires motor movement skills.

17. The first written recordings of individuals participating in sport and athletic competition arises from the:
    A) Greeks and Romans.
    B) Renaissance period.
    C) Era of Enlightenment.
    D) Early 19th century.

18. Which of the following factors occurred first in the development of exercise science in the 20th century?
    A) The establishment of the Harvard Fatigue Laboratory
    B) The formation of specific programs of study in colleges and universities to prepare professional physical education teachers and athletic coaches
    C) The results of the Kraus–Weber physical fitness tests comparing children in the United States to children in Europe
    D) The development of programs in calisthenics and gymnastics as a way to improve fitness

19. Which of the following factors played a prominent role in the development of the American College of Sports Medicine?
    A) The need for a professional organization to promote the development of sport
    B) The desire for a professional organization to compete with international organizations for promoting sport
    C) An increased interest in health and exercise by professionals in physical education, physiology, and medicine
    D) An increased desire for medical professionals to treat injured athletes

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20. Professional organizations such as the American College of Sports Medicine and the National Strength and Conditioning Association are responsible for:
    A) developing and administering changes in public health policy at the local level.
    B) providing and disseminating educational information to the public.
    C) building and operating fitness and health facilities.
    D) developing and implementing academic curricula at colleges and universities.

21. The professional field that works to deliver patient care services for the identification, prevention, and treatment of diseases, disabilities, and disorders is called:
    A) sport nutrition.
    B) allied healthcare.
    C) sports medicine.
    D) graduate school.

22. Most allied healthcare professions require academic coursework to be:
    A) focused only on the sciences.
    B) completed at a large research university.
    C) broad based and include coursework in various disciplines.
    D) completed using only human-based courses.

23. Position stands developed and published by the ACSM are designed to:
    A) serve as reviews of literature for research projects.
    B) inform educational institutions about changes in healthcare laws.
    C) promote the development of amateur sports.
    D) help shape views of health, physical activity, exercise, sport, and athletic performance.

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Answer Key

1. B
2. A
3. A
4. A
5. A
6. A
7. B
8. B
9. A
10. A
11. B
12. B
13. A
14. A
15. B
16. C
17. A
18. B
19. C
20. C
21. B
22. C
23. D

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