Fitness and Wellness Way to Life 1st edition Armbruster Test Bank

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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. behavioral

d. social

3. According to the Centers for Disease Control and Prevention, what percentage of adults in the United States exercise regularly?

a. 10

*b. 20

c. 40

d. 60

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 United States 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 in the United States?

a. stability ball

b. balance device

*c. rowing machine

d. TRX

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10. According to Pate and colleagues' recommendation on behalf of both the ACSM and the U.S. Department of Health and Human Services (HHS), every adult in the United States should accumulate at least how many minutes of moderate-intensity physical activity on most (preferably all) days of the week?

a. 10

b. 20

*c. 30

d. 60

11. Which organization encourages brisk walking and body-weight training as ways to meet minimum physical activity guidelines?

*a. U.S. Department of Health and Human Services (HHS)

b. American Council on Exercise (ACE)

c. National Strength and Conditioning Association (NSCA)

d. National Academy of Sports Medicine (NASM)

12. Which statement is NOT true of sedentary behavior?

a. Spending significant time in sedentary behaviors 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.

13. 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

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14. Americans have kept pace with other nations in terms of advances in population health.

a. True
*b. False

15. 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

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

*a. True
b. False

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

*a. True
b. False

18. 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

19. 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

20. 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

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

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a. True
*b. False

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

a. True
*b. False

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

*a. True
b. False

24. 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

25. Intensity, duration, sets, and reps were all included factors in Pate and colleagues' 1995 public health statement.

a. True
*b. False

26. The HHS Physical Activity Guidelines assert that all movement counts, no matter what intensity you choose.

*a. True
b. False

27. What does the acronym FITT stand for?

Correct Answer:
frequency, intensity, time, and type

28. What are the differences between the HHS Physical Activity Guidelines (PAG) and the ACSM exercise guidelines?

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

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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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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 the United States spend approximately what percentage of most days in a seated position?

a. 15 percent

b. 25 percent

*c. 55 percent

d. 75 percent

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 the 1996 Surgeon General's report on physical activity and health, 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. A 2012 research study showed that since the 1950s, Americans have kept up with movement guidelines.

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. Due to comprehensive research, the recommendations regarding sedentary behavior are more detailed in the 2018 ACSM exercise guidelines than they were previously.

a. True
*b. False

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