Therapeutic Exercise Foundations and Techniques 8e 8th edition Kisner Test Bank

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Chapter 2: Prevention, Health Promotion, and Wellness

Multiple Choice

1. Each of the following is a prescreening question that should be addressed before participation in a health promotion program, *except:*
A. Have you ever been diagnosed with a heart condition?
B. What are your blood pressure and heart rate normally?
C. Do you experience chest pain when you engage in physical activity?
D. Do you ever lose your balance or lose consciousness?

ANS: B
KEY: Book Part: Part I: General Concepts
DIF: Basic

2. An individual who perceives a threat of contracting a disease decides to follow specific health recommendations because he believes that he can prevent or reduce the risk of contracting the disease. These behaviors are aligned with what behavioral change theory or model?
A. Social cognitive theory
B. Health belief model
C. Transtheoretical model
D. Risk assessment theory

ANS: B
KEY: Book Part: Part I: General Concepts
DIF: Intermediate

3. The goals of *Healthy People 2030* are based on the nation's vision to:
A. Eliminate HIV and develop an immunization for prevention of AIDS.
B. Develop a cure for the common cold and other communicable diseases
C. Promote smoking cessation, eliminate tobacco use, and pass legislation in all states banning smoking in public places.
D. Foster a society in which all people can achieve their full potential for health and well-being and live long and healthy lives.

ANS: D
KEY: Book Part: Part I: General Concepts
DIF: Basic

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4. Mr. K has had chronic low back pain for several years. He has a sedentary life-style that includes office work and being a self-reported “TV junkie.” His physician suggests physical therapy for exercise and management of his pain. Even though Mr. K schedules physical therapy, initially he does not think that exercises will help his pain. He does not associate his life-style with his low back pain and therefore does not consider making changes. After his first session with the physical therapist, Mr. K realizes that changes in his life-style and adding regular exercise may help decrease his low back pain. So he decides to continue physical therapy two times a week for 1 month as suggested. Following the first physical therapy session, Mr. K shows he is in which of the following stages of change associated with the transtheoretical model of behavioral change?
A. Contemplation
B. Preparation
C. Action
D. Maintenance

ANS: B
KEY: Book Part: Part I: General Concepts
DIF: Intermediate

5. Which of the following sequences represents the correct order for developing and implementing a health promotion program?
A. Assess the need; set goals and objectives; develop the intervention; implement the program; evaluate the program.
B. Develop goals and objectives for a program; assess the need; design an intervention; implement the program; evaluate the outcomes.
C. Develop a broad-based intervention; set goals and objectives that could be met; assess the community’s needs; implement the program; evaluate the program’s effectiveness.
D. Evaluate the goals, objectives, and effectiveness of a previously implemented program; modify or update the program based on the evaluation; assess the current needs of a community; implement the new program.

ANS: A
KEY: Book Part: Part I: General Concepts
DIF: Basic

6. The purpose of performing pre-participation screenings and risk assessments when developing health, wellness, and fitness programs includes all of the following *except:*
A. To provide the therapist with baseline information for monitoring the individuals’ response to program progression.

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B. To determine the motivational readiness of the individual to make life-style changes.
C. To assist the therapist in developing an appropriate level of exercise for the individuals.
D. To identify if an individual should be referred to a physician prior to participation in the program.

ANS: B
KEY: Book Part: Part I: General Concepts
DIF: Basic

7. The Perceived Wellness Survey (PWS) and the Model of Healthy Living Assessment Wheel were developed from models of wellness and various initiatives to improve the health and wellness of society. Which of the following best describes these tools?
A. They are complex and require special training to administer and interpret.
B. They have no clinical relevance to the role of physical therapy and are intended to be anecdotal for reporting health statistics for the public.
C. If used as part of the examination and history taking during the initial visit, they could provide a baseline to establish goals and report outcomes when incorporating wellness into physical therapy practice.
D. They were program assessments that were used to evaluate the success of the *Healthy People 2010* program and to improve the subsequent initiatives, *Healthy People 2020* and *Healthy People 2030*

ANS: C
KEY: Book Part: Part I: General Concepts
DIF: Difficult

8. You have designed and are directing an exercise class for individuals who have been diagnosed with high blood pressure. This type of program falls within the definition of which type of prevention?
A. Multifactorial prevention
B. Primary prevention
C. Secondary prevention
D. Tertiary prevention

ANS: C
KEY: Book Part: Part I: General Concepts
DIF: Basic

9. All of the following risk factors are common to both coronary artery disease (CAD) and osteoporosis *except:*

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A. Obesity
B. Smoking
C. Sedentary life-style
D. Family history

ANS: A
KEY: Book Part: Part I: General Concepts
DIF: Intermediate

10. Which of the following best describes the target audience for a program of physical activity designed for primary prevention of childhood obesity?
A. A group of morbidly obese children who have been diagnosed with type 2 diabetes
B. A group of mildly obese children who are identified as being “at risk” for type 2 diabetes
C. A group of mildly obese children
D. A group of sedentary children whose weight is within normal limits

ANS: D
KEY: Book Part: Part I: General Concepts
DIF: Intermediate

11. Non-communicable chronic diseases are the primary cause of death and illness in the United States (US). The top four chronic conditions in the US in terms of mortality include all of the following *except:*
A. Heart disease
B. Stroke
C. Obesity
D. Chronic respiratory disease

ANS: C
KEY: Book Part: Part I: General Concepts
DIF: Basic

12. People with disabilities experience greater health disparities than those without disabilities and should be included in wellness and prevention programs. Each of the following are resources for providing health and wellness programs to people with disabilities *except:*
A. Individual Education Plans (IEPs) for school-aged children with disabilities.
B. The World Health Organization’s International Classification of Functioning, Disability and Health (ICF).
C. The National Center on Health, Physical Activity and Disability (NCHPAD).
D. The Special Olympics Healthy Athletes Program.

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ANS: B
KEY: Book Part: Part I: General Concepts
DIF: Intermediate

13. Which of the following descriptions is true about mindfulness and its implications for health and wellness?
A. Mindfulness encourages focus on pain, increasing the pain response, anxiety, and blood pressure.
B. Mindful meditation is a spiritual exercise that should not be associated with human movement interventions.
C. Mindful breathing can be easily incorporated into physical therapy exercise instructions to assist the patient to avoid holding the breath during difficult or painful activities.
D. Mindfulness invites one to be in another place or time and experience peace and well-being while focusing on a past time or event.

ANS: C
KEY: Book Part: Part I: General Concepts
DIF: Intermediate

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