Principles and Labs for Fitness and Wellness 17th edition Lane Test Bank

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Chapter 01 - Physical Fitness and Wellness

1. Functional fitness primarily targets competitive athletic performance and ignores everyday movement patterns such as bending, lifting, or climbing.

a. True

b. False

ANSWER: False

FEEDBACK:
Correct Functional fitness focuses on enhancing real-life movement patterns, not just athletic performance
Incorrect Functional fitness focuses on enhancing real-life movement patterns, not just athletic performance

POINTS: 1

REFERENCES: The Meaning of Living Fit and Well

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.

KEYWORDS: Bloom's Remember

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2. A well-balanced diet supports physical fitness by enhancing cellular functions, boosting immunity, maintaining bone strength, and regulating metabolic and endocrine health.

a. True

b. False

ANSWER: True

FEEDBACK:
Correct A well-balanced diet supports key body systems like immunity, metabolism, and bone strength essential for physical fitness
Incorrect A well-balanced diet supports key body systems like immunity, metabolism, and bone strength essential for physical fitness

POINTS: 1

REFERENCES: Lifestyle ABCs

QUESTION TYPE: True / False

HAS VARIABLES: False

LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.

KEYWORDS: Bloom's Remember

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3. A health insurance analyst applying expenditure trends should prioritize managing care for individuals with chronic conditions, as they represent a small group that consumes the majority of healthcare resources.

a. True

b. False

ANSWER: True

FEEDBACK:
Correct Chronic conditions affect a small portion of the population but account for the largest share of healthcare spending, making them a critical focus for cost management
Incorrect Chronic conditions affect a small portion of the population but account for the

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largest share of healthcare spending, making them a critical focus for cost management

POINTS: 1
REFERENCES: Longevity
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.4 - Evaluate evidence linking lifestyle to fitness and wellness outcomes.
KEYWORDS: Bloom's Apply
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4. Intellectual wellness involves engaging in activities that stimulate thinking, encourage curiosity, and support lifelong learning.

a. True
b. False

ANSWER: True
FEEDBACK:
Correct Intellectual wellness is nurtured through mentally stimulating activities that promote critical thinking, creativity, and continuous learning
Incorrect Intellectual wellness is nurtured through mentally stimulating activities that promote critical thinking, creativity, and continuous learning

POINTS: 1
REFERENCES: The Meaning of Living Fit and Well
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Remember
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5. Metabolic profile is a measurement of insulin sensitivity, glucose tolerance, and improved cholesterol levels.

a. True
b. False

ANSWER: True
FEEDBACK:
Correct A metabolic profile assesses key indicators like insulin sensitivity, blood glucose, and cholesterol levels to evaluate metabolic health and disease risk
Incorrect A metabolic profile assesses key indicators like insulin sensitivity, blood glucose, and cholesterol levels to evaluate metabolic health and disease risk

POINTS: 1
REFERENCES: Fitness and Wellness Assessments
QUESTION TYPE: True / False
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Remember
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6. Which of the following is the largest preventable cause of illness and premature death in the United States?

a. Physical inactivity
b. Cigarette smoking
c. Cardiovascular disease
d. Diabetes

ANSWER: b

FEEDBACK:

a. Incorrect. Cigarette smoking is the largest preventable cause of illness and premature death in the United States, contributing significantly to lung disease, cancer, heart disease, and stroke
b. Correct. Cigarette smoking is the largest preventable cause of illness and premature death in the United States, contributing significantly to lung disease, cancer, heart disease, and stroke
c. Incorrect. Cigarette smoking is the largest preventable cause of illness and premature death in the United States, contributing significantly to lung disease, cancer, heart disease, and stroke
d. Incorrect. Cigarette smoking is the largest preventable cause of illness and premature death in the United States, contributing significantly to lung disease, cancer, heart disease, and stroke

POINTS: 1
REFERENCES: Leading Health Problems in the United States
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Understand
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7. In what way do fiber and probiotics function synergistically to maintain gut health, and what physiological implications might arise from their absence?

a. They neutralize stomach acid and, if absent, may cause indigestion and reduced gastric motility
b. They support microbiota and SCFAs; absence may weaken gut barrier and trigger inflammation
c. They enhance protein synthesis and, if absent, may lead to impaired muscular function and gut dysbiosis
d. They suppress immune activity and, if absent, may heighten resistance to microbial colonization

ANSWER: b

FEEDBACK:

a. Incorrect. Fiber and probiotics support gut microbiota and SCFA production; without them, gut barrier weakens and inflammation may increase
b. Correct. Fiber and probiotics support gut microbiota and SCFA production; without them, gut barrier weakens and inflammation may increase
c. Incorrect. Fiber and probiotics support gut microbiota and SCFA production; without them, gut barrier weakens and inflammation may increase
d. Incorrect. Fiber and probiotics support gut microbiota and SCFA production; without them, gut barrier weakens and inflammation may increase

POINTS: 1
REFERENCES: Lifestyle ABCs

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QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Analyze
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8. A city experiences rising rates of obesity, hypertension, and respiratory illness. Based on the passage, which combination of government actions would best apply public health policy to address these issues?

a. Promote high-protein diets, ban junk food ads, and provide gym subsidies and membership
b. Expand preventive care access, enforce nonsmoking zones, and redesign urban spaces for activity
c. Increase taxes on fast food, open more emergency rooms, and require BMI screenings in schools
d. Fund private wellness apps, build more pharmacies, and mandate fitness trackers at workplaces

ANSWER: b
FEEDBACK:
a. Incorrect. This option combines preventive healthcare, environmental changes, and policy enforcement to address the root causes of obesity, hypertension, and respiratory illness effectively
b. Correct. This option combines preventive healthcare, environmental changes, and policy enforcement to address the root causes of obesity, hypertension, and respiratory illness effectively
c. Incorrect. This option combines preventive healthcare, environmental changes, and policy enforcement to address the root causes of obesity, hypertension, and respiratory illness effectively
d. Incorrect. This option combines preventive healthcare, environmental changes, and policy enforcement to address the root causes of obesity, hypertension, and respiratory illness effectively
POINTS: 1
REFERENCES: Environmental Controls
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Apply
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9. Which of the following best analyzes how substance abuse creates a feedback loop that undermines both physical and psychological wellness?

a. Substance abuse improves alertness when it comes to short-term, but causes permanent lung damage over time.
b. Substance abuse reduces liver function and increases cancer risk, but has no effect on mental health.
c. Substance abuse impairs physical and cognitive function, which worsens judgment and emotional control, reinforcing addiction.
d. Substance abuse affects decision-making but not energy levels, making long-term recovery easier with proper medication.

ANSWER: c

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FEEDBACK:

a. Incorrect. Impaired physical and mental function weakens judgment and emotional control, creating a self-reinforcing cycle of addiction
b. Incorrect. Impaired physical and mental function weakens judgment and emotional control, creating a self-reinforcing cycle of addiction
c. Correct. Impaired physical and mental function weakens judgment and emotional control, creating a self-reinforcing cycle of addiction
d. Incorrect. Impaired physical and mental function weakens judgment and emotional control, creating a self-reinforcing cycle of addiction

POINTS: 1
REFERENCES: Lifestyle ABCs
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Analyze
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10. How does influencer marketing impact public perception of dietary supplements?
    a. It promotes research-backed products and improves supplement safety awareness
    b. It builds trust through personal use and enhances informed decision-making
    c. It presents claims without evidence and misleads due to undisclosed sponsorships
    d. It encourages regulation of ads and strengthens health communication platforms

ANSWER: c
FEEDBACK:

a. Incorrect. Influencer marketing often promotes supplements through non-evidence-based claims and undisclosed sponsorships, which can mislead consumers about safety and effectiveness
b. Incorrect. Influencer marketing often promotes supplements through non-evidence-based claims and undisclosed sponsorships, which can mislead consumers about safety and effectiveness
c. Correct. Influencer marketing often promotes supplements through non-evidence-based claims and undisclosed sponsorships, which can mislead consumers about safety and effectiveness
d. Incorrect. Influencer marketing often promotes supplements through non-evidence-based claims and undisclosed sponsorships, which can mislead consumers about safety and effectiveness

POINTS: 1
REFERENCES: Fitness and Wellness Misunderstandings, Controversies, Myths, and Claims
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.7 - Evaluate popular fitness and wellness misconceptions, myths, and claims
KEYWORDS: Bloom's Analyze
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11. Which of the following blood pressure readings represents stage 2 hypertension?
    a. Systolic <120 and diastolic <80

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b. Systolic >140 and diastolic >90
c. Systolic >140 and diastolic <80
d. Systolic <120 and diastolic <90

ANSWER: b

FEEDBACK:
a. Incorrect. According to the Baseline Fitness data, stage 2 hypertension is diagnosed when systolic blood pressure is 140 mm Hg or higher and/or diastolic of 90 mm Hg or higher
b. Correct. According to the Baseline Fitness data, stage 2 hypertension is diagnosed when systolic blood pressure is 140 mm Hg or higher and/or diastolic of 90 mm Hg or higher
c. Incorrect. According to the Baseline Fitness data, stage 2 hypertension is diagnosed when systolic blood pressure is 140 mm Hg or higher and/or diastolic of 90 mm Hg or higher
d. Incorrect. According to the Baseline Fitness data, stage 2 hypertension is diagnosed when systolic blood pressure is 140 mm Hg or higher and/or diastolic of 90 mm Hg or higher

POINTS: 1
REFERENCES: Reference Values and Standards
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Remember
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DATE MODIFIED: 3/3/2026 12:36 AM

12. A nurse is preparing to measure a patient's blood pressure. The patient has just finished a cup of coffee and is sitting with legs crossed, arm supported on the table, and cuff placed over a shirt sleeve. What is the most appropriate next step the nurse should take?

a. Proceed with the measurement since the patient is seated and the arm is supported
b. Ask the patient to uncross their legs and reposition the cuff to the other arm
c. Delay the measurement for 30 minutes, ensure the cuff is on bare skin, and uncross the patient’s legs
d. Switch to an automated machine and ignore preparation guidelines, as it adjusts readings

ANSWER: c

FEEDBACK:
a. Incorrect. Correct positioning and timing after stimulants like caffeine are crucial to avoid falsely elevated readings
b. Incorrect. Correct positioning and timing after stimulants like caffeine are crucial to avoid falsely elevated readings
c. Correct. Correct positioning and timing after stimulants like caffeine are crucial to avoid falsely elevated readings
d. Incorrect. Correct positioning and timing after stimulants like caffeine are crucial to avoid falsely elevated readings

POINTS: 1
REFERENCES: Methods and Instruments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and

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wellness status.

KEYWORDS: Bloom's Apply
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13. A wellness coach recommends a 5-day juice cleanse with daily enemas to “flush toxins” and boost energy. Based on the principles of natural detoxification, what would be the most appropriate response?

a. Support the cleanse, as it improves nutrient absorption and cleans the digestive tract
b. Caution against the cleanse, as it may harm gut microbes and disrupt natural elimination
c. Recommend combining the cleanse with laxatives to ensure maximum waste removal
d. Approve the cleanse for short-term use, since hydration alone cannot aid detoxification

ANSWER: b
FEEDBACK:
a. Incorrect. The body naturally detoxifies through the liver, kidneys, and gut—extreme cleanses may disrupt microbiota and impair these functions
b. Correct. The body naturally detoxifies through the liver, kidneys, and gut—extreme cleanses may disrupt microbiota and impair these functions
c. Incorrect. The body naturally detoxifies through the liver, kidneys, and gut—extreme cleanses may disrupt microbiota and impair these functions
d. Incorrect. The body naturally detoxifies through the liver, kidneys, and gut—extreme cleanses may disrupt microbiota and impair these functions

POINTS: 1
REFERENCES: Claims
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.7 - Evaluate popular fitness and wellness misconceptions, myths, and claims
KEYWORDS: Bloom's Apply
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14. A fitness coach is designing personalized wellness plans for two clients: a perimenopausal woman experiencing disrupted sleep and low energy, and a middle-aged man with a family history of heart disease. Which approach best applies the principles discussed?

a. Recommend the same general fitness plan for both clients, focusing on aerobic exercise and high-protein diets
b. Emphasize iron supplements and endurance training for both to offset fatigue and cardiovascular risk
c. Suggest calcium support and sleep-focused recovery for the woman, and heart-health strategies for the man
d. Focus on magnesium intake for the woman and weight gain strategies for the man to build bone mass

ANSWER: c
FEEDBACK:
a. Incorrect. Wellness plans should be age- and condition-specific, addressing burnout with recovery and seniors with movement and bone support
b. Incorrect. Wellness plans should be age- and condition-specific, addressing burnout with recovery and seniors with movement and bone support
c. Correct. Wellness plans should be age- and condition-specific, addressing burnout with recovery and seniors with movement and bone support
d. Incorrect. Wellness plans should be age- and condition-specific, addressing burnout with recovery and seniors with movement and bone support

POINTS: 1

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REFERENCES: Factors that Affect Fitness and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Apply
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15. A public health educator is designing a wellness workshop for adults to align with national guidelines. Based on the Physical Activity Guidelines and Dietary Guidelines for Americans, which of the following actions best applies these recommendations?

a. Encourage adults to walk 30 minutes once a week and avoid all dietary fats
b. Recommend 150 minutes of moderate aerobic activity weekly and balanced meals
c. Focus only on weight loss and calorie restriction without considering physical activity
d. Suggest high-protein, low-carb diets and limit movement to light stretching activities

ANSWER: b
FEEDBACK:
a. Incorrect. This choice reflects the U.S. guidelines promoting regular physical activity and a balanced, nutrient-rich diet for overall wellness
b. Correct. This choice reflects the U.S. guidelines promoting regular physical activity and a balanced, nutrient-rich diet for overall wellness
c. Incorrect. This choice reflects the U.S. guidelines promoting regular physical activity and a balanced, nutrient-rich diet for overall wellness
d. Incorrect. This choice reflects the U.S. guidelines promoting regular physical activity and a balanced, nutrient-rich diet for overall wellness
POINTS: 1
REFERENCES: Fitness & Wellness Guidelines
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.6 - Implement evidenced-based fitness and wellness guidelines
KEYWORDS: Bloom's Apply
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16. A client recognizes they rarely engage in physical activity and wants to increase their weekly exercise. They have identified this behavior gap, listed pros and cons, rated their confidence, and are ready to act. According to the behavior modification steps, what should they do next?

a. Reassess their motivation and reflect on barriers before proceeding
b. Create a smart goal with strategies that match their readiness to change
c. Reward themselves early to increase motivation and avoid discouragement
d. Set a vague goal to keep flexibility and avoid setting unrealistic expectations

ANSWER: b
FEEDBACK:
a. Incorrect. After self-reflection and commitment, the next step in behavior change is setting a SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal to guide action effectively
b. Correct. After self-reflection and commitment, the next step in behavior change is

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setting a SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal to guide action effectively

c. Incorrect. After self-reflection and commitment, the next step in behavior change is setting a SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal to guide action effectively

d. Incorrect. After self-reflection and commitment, the next step in behavior change is setting a SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal to guide action effectively

POINTS: 1
REFERENCES: Fitness & Wellness Guidelines
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.7 - Evaluate popular fitness and wellness misconceptions, myths, and claims
KEYWORDS: Bloom's Apply
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17. Which of the following best defines destigmatization?
a. Encouraging people to hide their mental health conditions
b. Reinforcing traditional beliefs about illness and behavior
c. Promoting stereotypes to maintain social order
d. Eliminating judgment and discrimination to foster acceptance

ANSWER: d
FEEDBACK:

a. Incorrect. Destigmatization involves reducing negative stereotypes and social biases to promote understanding, inclusion, and support for individuals, especially around mental health or illness

b. Incorrect. Destigmatization involves reducing negative stereotypes and social biases to promote understanding, inclusion, and support for individuals, especially around mental health or illness

c. Incorrect. Destigmatization involves reducing negative stereotypes and social biases to promote understanding, inclusion, and support for individuals, especially around mental health or illness

d. Correct. Destigmatization involves reducing negative stereotypes and social biases to promote understanding, inclusion, and support for individuals, especially around mental health or illness

POINTS: 1
REFERENCES: Environmental Controls
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Remember
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18. How does peak growth velocity in adolescence differ from andropause, menopause, and dementia?
a. It reflects hormonal decline, while the others involve hormonal growth

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b. It marks bone loss and fatigue, while the others show muscle growth
c. It shows developmental growth, while the others reflect age-related decline
d. It causes memory loss and confusion, while the others increase energy

ANSWER: c

FEEDBACK:
a. Incorrect. Peak growth velocity occurs during adolescence as a period of rapid physical development, whereas andropause, menopause, and dementia are associated with physiological decline due to aging
b. Incorrect. Peak growth velocity occurs during adolescence as a period of rapid physical development, whereas andropause, menopause, and dementia are associated with physiological decline due to aging
c. Correct. Peak growth velocity occurs during adolescence as a period of rapid physical development, whereas andropause, menopause, and dementia are associated with physiological decline due to aging
d. Incorrect. Peak growth velocity occurs during adolescence as a period of rapid physical development, whereas andropause, menopause, and dementia are associated with physiological decline due to aging

POINTS: 1
REFERENCES: Factors that Affect Fitness and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Analyze
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19. Which option best describes how the digestive system supports energy regulation and overall body function?
a. Digestion requires coordinated movement, chemical breakdown, gut microbes, and hormonal signaling
b. Digestion occurs mainly in the stomach where acids break food into nutrients for absorption
c. Digestion depends only on enzymes and does not involve nerves, hormones, or muscle action
d. Digestion functions separately from other systems and does not influence energy balance

ANSWER: a

FEEDBACK:
a. Correct. The digestive system relies on coordinated mechanical movement, enzymatic action, gut microbiota, and hormones to regulate nutrient absorption and energy balance
b. Incorrect. The digestive system relies on coordinated mechanical movement, enzymatic action, gut microbiota, and hormones to regulate nutrient absorption and energy balance
c. Incorrect. The digestive system relies on coordinated mechanical movement, enzymatic action, gut microbiota, and hormones to regulate nutrient absorption and energy balance
d. Incorrect. The digestive system relies on coordinated mechanical movement, enzymatic action, gut microbiota, and hormones to regulate nutrient absorption and energy balance

POINTS: 1
REFERENCES: Body Systems
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False

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LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Understand
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20. A college counselor is creating a mental wellness program for students aged 18 to 24, who report the highest depression rates. Which approach best applies Mental Wellness?

a. Focus on career coaching only, as job stress is the main concern in this age group
b. Offer early intervention tools and promote exercise, sleep, and meditation habits
c. Create a medication-only program to address long-term psychiatric conditions
d. Target older adults since younger populations report fewer mental health issues

ANSWER: b
FEEDBACK:
a. Incorrect. Supporting mental wellness in young adults requires proactive strategies like early intervention, stress management, and healthy lifestyle habits to reduce depression risk
b. Correct. Supporting mental wellness in young adults requires proactive strategies like early intervention, stress management, and healthy lifestyle habits to reduce depression risk
c. Incorrect. Supporting mental wellness in young adults requires proactive strategies like early intervention, stress management, and healthy lifestyle habits to reduce depression risk
d. Incorrect. Supporting mental wellness in young adults requires proactive strategies like early intervention, stress management, and healthy lifestyle habits to reduce depression risk
POINTS: 1
REFERENCES: Fitness & Wellness Outcomes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.4 - Evaluate evidence linking lifestyle to fitness and wellness outcomes.
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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21. A university health program is being updated to reflect best practices from organizations like ACSM, AND, and NSF. Which of the following updates best aligns with their evidence-based guidelines?

a. Provide energy drinks to boost alertness and reduce sleep hours
b. Host weekend fitness events with no nutrition education involved
c. Encourage 7–9 hours of sleep, exercise, and balanced meal planning
d. Recommend rest days only and discourage aerobic participation

ANSWER: c
FEEDBACK:
a. Incorrect. This aligns with evidence-based guidelines from ACSM, AND, and NSF, emphasizing sleep, physical activity, and nutrition as pillars of health
b. Incorrect. This aligns with evidence-based guidelines from ACSM, AND, and NSF, emphasizing sleep, physical activity, and nutrition as pillars of health
c. Correct. This aligns with evidence-based guidelines from ACSM, AND, and NSF, emphasizing sleep, physical activity, and nutrition as pillars of health
d. Incorrect. This aligns with evidence-based guidelines from ACSM, AND, and

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NSF, emphasizing sleep, physical activity, and nutrition as pillars of health

POINTS: 1
REFERENCES: Fitness & Wellness Guidelines
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.6 - Implement evidenced-based fitness and wellness guidelines
KEYWORDS: Bloom's Analyze
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22. Which of the following best explains the key distinction between physical fitness and overall health?
    a. Physical fitness focuses on mental clarity, while health emphasizes emotional stability.
    b. Physical fitness is about movement efficiency, while health includes mental and social well-being.
    c. Physical fitness includes disease prevention, while health only covers muscular strength.
    d. Physical fitness is defined by social interaction, while health emphasizes physical stamina.

ANSWER: b
FEEDBACK:
a. Incorrect. Physical fitness refers to the body's ability to perform physical tasks efficiently, while overall health encompasses physical, mental, and social well-being
b. Correct. Physical fitness refers to the body's ability to perform physical tasks efficiently, while overall health encompasses physical, mental, and social well-being
c. Incorrect. Physical fitness refers to the body's ability to perform physical tasks efficiently, while overall health encompasses physical, mental, and social well-being
d. Incorrect. Physical fitness refers to the body's ability to perform physical tasks efficiently, while overall health encompasses physical, mental, and social well-being

POINTS: 1
REFERENCES: The Meaning of Living Fit and Well
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Analyze
DATE CREATED: 3/1/2026 11:59 PM
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23. Which of the following best demonstrates how the student applied their motivation in the fitness and wellness class?
    a. They memorized facts shared by the instructor to perform well on the next exam
    b. They compared health advice from social media with the class content to check for accuracy
    c. They organized course material in a meaningful way to develop a personal wellness framework
    d. They observed their classmates' behavior to evaluate engagement levels across the room

ANSWER: c
FEEDBACK:
a. Incorrect. This option reflects active engagement and self-driven application of learning, showing how motivation translated into personalized understanding and action

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b. Incorrect. This option reflects active engagement and self-driven application of learning, showing how motivation translated into personalized understanding and action
c. Correct. This option reflects active engagement and self-driven application of learning, showing how motivation translated into personalized understanding and action
d. Incorrect. This option reflects active engagement and self-driven application of learning, showing how motivation translated into personalized understanding and action

POINTS: 1
REFERENCES: The Meaning of Living Fit and Well
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Apply
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24. Which scenario best illustrates the role of mitochondria in everyday bodily function?
a. A person memorizing vocabulary words for a test using the brain's language center
b. A runner sprinting toward the finish line, powered by energy derived from food
c. The heart producing hormones to regulate blood pressure during stress
d. A person sweating during exercise to maintain normal body temperature

ANSWER: b
FEEDBACK:
a. Incorrect. This scenario highlights mitochondria's key role in converting nutrients into ATP, the energy needed for muscle contraction during intense activity
b. Correct. This scenario highlights mitochondria's key role in converting nutrients into ATP, the energy needed for muscle contraction during intense activity
c. Incorrect. This scenario highlights mitochondria's key role in converting nutrients into ATP, the energy needed for muscle contraction during intense activity
d. Incorrect. This scenario highlights mitochondria's key role in converting nutrients into ATP, the energy needed for muscle contraction during intense activity

POINTS: 1
REFERENCES: The Science of Physical Fitness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Apply
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25. Which situation best demonstrates the body's release of cortisol?
a. A person preparing to speak in front of a large audience
b. A person calmly reading a book in a quiet room
c. A person jogging at a steady pace on a treadmill
d. A person sleeping soundly through the night

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ANSWER: a

FEEDBACK:

a. Correct. This situation triggers a stress response, leading to cortisol release to help the body manage alertness and energy in a high-pressure moment
b. Incorrect. This situation triggers a stress response, leading to cortisol release to help the body manage alertness and energy in a high-pressure moment
c. Incorrect. This situation triggers a stress response, leading to cortisol release to help the body manage alertness and energy in a high-pressure moment
d. Incorrect. This situation triggers a stress response, leading to cortisol release to help the body manage alertness and energy in a high-pressure moment

POINTS: 1
REFERENCES: Body Systems
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Apply
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26. Anna goes to her school by taking a brisk walk, utilizing five times more oxygen than utilized while sleeping. Identify the intensity of her physical activity.

a. Sedentary
b. Moderate
c. Light
d. Vigorous

ANSWER: b

FEEDBACK:

a. Incorrect. Brisk walking that uses about five times the oxygen of resting is considered moderate-intensity physical activity
b. Correct. Brisk walking that uses about five times the oxygen of resting is considered moderate-intensity physical activity
c. Incorrect. Brisk walking that uses about five times the oxygen of resting is considered moderate-intensity physical activity
d. Incorrect. Brisk walking that uses about five times the oxygen of resting is considered moderate-intensity physical activity

POINTS: 1
REFERENCES: Physical Fitness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Apply
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27. Of the eight dimensions of wellness, which describes occupational wellness?

a. Personal satisfaction with employment
b. Concern for oneself and humanity
c. A sense of meaning and direction

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d. Applying what you have learned

ANSWER: a

FEEDBACK:

a. Correct. Occupational wellness refers to the personal fulfillment and satisfaction one gains from their work, including alignment with personal values, work-life balance, and professional growth

b. Incorrect. Occupational wellness refers to the personal fulfillment and satisfaction one gains from their work, including alignment with personal values, work-life balance, and professional growth

c. Incorrect. Occupational wellness refers to the personal fulfillment and satisfaction one gains from their work, including alignment with personal values, work-life balance, and professional growth

d. Incorrect. Occupational wellness refers to the personal fulfillment and satisfaction one gains from their work, including alignment with personal values, work-life balance, and professional growth

POINTS: 1

REFERENCES: The Meaning of Living Fit and Well

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.

KEYWORDS: Bloom's Remember

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28. Which of the following would be the most appropriate action plan for a fitness coach working with a client who has mobility impairments due to cerebral palsy?

a. Assign high-intensity interval training (HIIT) to improve aerobic performance rapidly

b. Recommend bed rest to avoid joint and muscle strain on the client's body

c. Encourage the client to self-direct their workouts without specific modifications

d. Design a low-impact, adaptive workout focusing on strength, and mental engagement

ANSWER: d

FEEDBACK:

a. Incorrect. Adaptive, low-impact workouts support safe strength-building and engagement tailored to the client's mobility needs

b. Incorrect. Adaptive, low-impact workouts support safe strength-building and engagement tailored to the client's mobility needs

c. Incorrect. Adaptive, low-impact workouts support safe strength-building and engagement tailored to the client's mobility needs

d. Correct. Adaptive, low-impact workouts support safe strength-building and engagement tailored to the client's mobility needs

POINTS: 1

REFERENCES: Factors that Affect Fitness and Wellness

QUESTION TYPE: Multiple Choice

HAS VARIABLES: False

LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.

KEYWORDS: Bloom's Apply

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29. Which of the following strategies best applies the understanding of how socioeconomic status affects health to support wellness in underserved communities?

a. Launching programs that offer no-cost therapy and healthy meals in low-income areas
b. Promoting spa visits and weekend retreats for all regardless of financial means
c. Suggesting gym-based fitness plans without regard for community access levels
d. Encouraging people to work harder to stay healthy despite financial struggles

ANSWER: a

FEEDBACK:

a. Correct. This strategy addresses financial and access barriers by providing essential wellness services directly to underserved population
b. Incorrect. This strategy addresses financial and access barriers by providing essential wellness services directly to underserved population
c. Incorrect. This strategy addresses financial and access barriers by providing essential wellness services directly to underserved population
d. Incorrect. This strategy addresses financial and access barriers by providing essential wellness services directly to underserved population

POINTS: 1
REFERENCES: Factors that Affect Fitness and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Apply
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30. Which of the following reflects an informed application of cardio exercise to maximize benefits and minimize risks?

a. Jamie jogs four times weekly, tracks her heart rate, and takes rest days to recover
b. Aaron sprints daily at high intensity, skipping warm-up and cool-down routines
c. Helen avoids cardio entirely and only uses supplements to improve her endurance
d. Tom does high-impact cardio twice daily despite joint discomfort and fatigue

ANSWER: a

FEEDBACK:

a. Correct. This approach balances frequency, intensity, and recovery, applying safe and effective cardio practices for long-term health benefits
b. Incorrect. This approach balances frequency, intensity, and recovery, applying safe and effective cardio practices for long-term health benefits
c. Incorrect. This approach balances frequency, intensity, and recovery, applying safe and effective cardio practices for long-term health benefits
d. Incorrect. This approach balances frequency, intensity, and recovery, applying safe and effective cardio practices for long-term health benefits

POINTS: 1
REFERENCES: Lifestyle ABCs
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.

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KEYWORDS: Bloom's Apply
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31. Which of the following involves Environmental wellness?
    a. Personal satisfaction with employment
    b. Concern for oneself and humanity
    c. A sense of meaning and direction
    d. Harmony with the earth

ANSWER: d
FEEDBACK:
    a. Incorrect. Environmental wellness involves respecting and living in balance with the natural world to support personal and planetary health
    b. Incorrect. Environmental wellness involves respecting and living in balance with the natural world to support personal and planetary health
    c. Incorrect. Environmental wellness involves respecting and living in balance with the natural world to support personal and planetary health
    d. Correct. Environmental wellness involves respecting and living in balance with the natural world to support personal and planetary health

POINTS: 1
REFERENCES: The 8 Dimensions of Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Understand
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32. A wellness coach wants to enhance spiritual wellness among clients. Which of the following approaches best applies the principle?
    a. Organize community service events to promote altruism
    b. Conduct sessions on time management for productivity
    c. Develop a financial literacy workshop for young adults
    d. Offer career planning and goal-setting sessions

ANSWER: a
FEEDBACK:
    a. Correct. Spiritual wellness is supported by fostering compassion, purpose, and connection—qualities enhanced through acts of service and altruism
    b. Incorrect. Spiritual wellness is supported by fostering compassion, purpose, and connection—qualities enhanced through acts of service and altruism
    c. Incorrect. Spiritual wellness is supported by fostering compassion, purpose, and connection—qualities enhanced through acts of service and altruism
    d. Incorrect. Spiritual wellness is supported by fostering compassion, purpose, and connection—qualities enhanced through acts of service and altruism

POINTS: 1
REFERENCES: The 8 Dimensions of Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False

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LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Apply
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33. A student notices their resting heart rate (RHR) has decreased between Lab 1A and Lab 7A. Based on what you know about cardiorespiratory fitness, what does this change most likely indicate?

a. The student may be experiencing increased fatigue
b. The student has likely improved their cardiovascular fitness
c. The student's blood pressure has increased
d. The student needs to reduce their physical activity

ANSWER: b
FEEDBACK:
a. Incorrect. A lower resting heart rate typically reflects a stronger, more efficient heart, indicating improved cardiorespiratory fitness
b. Correct. A lower resting heart rate typically reflects a stronger, more efficient heart, indicating improved cardiorespiratory fitness
c. Incorrect. A lower resting heart rate typically reflects a stronger, more efficient heart, indicating improved cardiorespiratory fitness
d. Incorrect. A lower resting heart rate typically reflects a stronger, more efficient heart, indicating improved cardiorespiratory fitness
POINTS: 1
REFERENCES: Fitness and Wellness Assessments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Apply
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34. Andrew, a personal trainer is designing a health screening for new clients. To best assess both cardiovascular health and physical performance, which combination of tests should he include?

a. Blood pressure measurement and vertical jump test
b. Body weight assessment and genetic testing
c. Metabolic profile and resting heart rate only
d. Vertical jump test and hydration screening

ANSWER: a
FEEDBACK:
a. Correct. This combination assesses cardiovascular health (blood pressure) and physical performance (vertical jump power)
b. Incorrect. This combination assesses cardiovascular health (blood pressure) and physical performance (vertical jump power)
c. Incorrect. This combination assesses cardiovascular health (blood pressure) and physical performance (vertical jump power)
d. Incorrect. This combination assesses cardiovascular health (blood pressure) and physical performance (vertical jump power)
POINTS: 1

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REFERENCES: Fitness and Wellness Assessments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Apply
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35. What is the main difference between health-related fitness and performance-related fitness?
    a. Health-related fitness is not a form of physical fitness and endurance.
    b. Performance-related fitness involves muscular strength and endurance.
    c. Health-related fitness involves agility, balance and coordination.
    d. Health-related fitness involves improvements in the metabolic profile.

ANSWER: d
FEEDBACK:
    a. Incorrect. Health-related fitness supports overall well-being and disease prevention, while performance-related fitness focuses on skills like agility and speed for athletic ability
    b. Incorrect. Health-related fitness supports overall well-being and disease prevention, while performance-related fitness focuses on skills like agility and speed for athletic ability
    c. Incorrect. Health-related fitness supports overall well-being and disease prevention, while performance-related fitness focuses on skills like agility and speed for athletic ability
    d. Correct. Health-related fitness supports overall well-being and disease prevention, while performance-related fitness focuses on skills like agility and speed for athletic ability
POINTS: 1
REFERENCES: The 8 Dimensions of Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Understand
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36. How does gene expression regulate enzyme production, and what are the potential consequences if this regulation is disrupted?
    a. Gene expression randomly controls enzyme production, leading to unpredictable cellular outcomes and external condition.
    b. Gene expression ensures enzymes are produced continuously at high levels, which optimizes energy use.
    c. Gene expression selectively activates genes based on internal conditions, and its disruption can affect cellular functions.
    d. Gene expression only influences enzyme production during cellular stress, so disruption has minimal impact.

ANSWER: c
FEEDBACK:
    a. Incorrect. Gene expression controls when and how much of an enzyme is made, and if disrupted, it can lead to metabolic imbalances, diseases, or impaired cell

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function

b. Incorrect. Gene expression controls when and how much of an enzyme is made, and if disrupted, it can lead to metabolic imbalances, diseases, or impaired cell function

c. Correct. Gene expression controls when and how much of an enzyme is made, and if disrupted, it can lead to metabolic imbalances, diseases, or impaired cell function

d. Incorrect. Gene expression controls when and how much of an enzyme is made, and if disrupted, it can lead to metabolic imbalances, diseases, or impaired cell function

POINTS: 1
REFERENCES: Cells and Tissues
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Analyze
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37. Which of the following scenarios best applies the concept of ultra-processed foods in daily dietary choices?
a. Choosing packaged snacks made with refined oils, artificial flavors, and no whole ingredients
b. Preparing a meal using fresh vegetables, whole grains, and natural spices at home
c. Eating fruits and nuts with no added sugars or preservatives for a midday snack
d. Cooking rice and lentils with traditional methods and minimal added ingredients

ANSWER: a
FEEDBACK:

a. Correct. Ultra-processed foods are characterized by industrial formulations with little to no whole foods, containing additives, refined oils, and artificial ingredients

b. Incorrect. Ultra-processed foods are characterized by industrial formulations with little to no whole foods, containing additives, refined oils, and artificial ingredients

c. Incorrect. Ultra-processed foods are characterized by industrial formulations with little to no whole foods, containing additives, refined oils, and artificial ingredients

d. Incorrect. Ultra-processed foods are characterized by industrial formulations with little to no whole foods, containing additives, refined oils, and artificial ingredients

POINTS: 1
REFERENCES: Longevity
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.4 - Evaluate evidence linking lifestyle to fitness and wellness outcomes.
KEYWORDS: Bloom's Apply
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38. Which of the following daily habits most directly contributes to the development of non-communicable diseases?
a. Consuming high-fat, high-sugar foods regularly with little physical activity
b. Taking prescribed antibiotics during a bacterial infection without medical advice
c. Drinking treated water and avoiding areas with mosquito-borne illnesses

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d. Practicing regular handwashing to prevent viral transmission in public spaces

ANSWER: a

FEEDBACK:
a. Correct. Poor diet and physical inactivity are key risk factors for non-communicable diseases like diabetes, heart disease, and obesity
b. Incorrect. Poor diet and physical inactivity are key risk factors for non-communicable diseases like diabetes, heart disease, and obesity
c. Incorrect. Poor diet and physical inactivity are key risk factors for non-communicable diseases like diabetes, heart disease, and obesity
d. Incorrect. Poor diet and physical inactivity are key risk factors for non-communicable diseases like diabetes, heart disease, and obesity

POINTS: 1
REFERENCES: Longevity
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.4 - Evaluate evidence linking lifestyle to fitness and wellness outcomes.
KEYWORDS: Bloom's Apply
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39. Which of the following situations demonstrates the application of a performance measure to assess agility?
a. Timing an athlete as they complete a shuttle run involving rapid direction changes
b. Monitoring blood pressure before and after low-intensity yoga sessions
c. Recording food intake to analyze daily macronutrient distribution
d. Measuring body fat percentage using skinfold calipers in a nutrition session

ANSWER: a

FEEDBACK:
a. Correct. A shuttle run evaluates agility by measuring how quickly and efficiently an individual can change direction
b. Incorrect. A shuttle run evaluates agility by measuring how quickly and efficiently an individual can change direction
c. Incorrect. A shuttle run evaluates agility by measuring how quickly and efficiently an individual can change direction
d. Incorrect. A shuttle run evaluates agility by measuring how quickly and efficiently an individual can change direction

POINTS: 1
REFERENCES: Fitness and Wellness Assessments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Apply
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40. Which of the following actions best applies correct technique to ensure an accurate blood pressure reading?
a. Taking the measurement while the person is standing and talking throughout the test
b. Asking the individual to drink coffee and smoke 10 minutes before taking the reading

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c. Positioning the cuff over clothing with the arm held above shoulder height during testing
d. Having the individual rest quietly for 5 minutes with their arm supported at heart level

ANSWER: d

FEEDBACK:
a. Incorrect. Proper blood pressure technique requires rest and arm support at heart level for an accurate reading
b. Incorrect. Proper blood pressure technique requires rest and arm support at heart level for an accurate reading
c. Incorrect. Proper blood pressure technique requires rest and arm support at heart level for an accurate reading
d. Correct. Proper blood pressure technique requires rest and arm support at heart level for an accurate reading

POINTS: 1
REFERENCES: Methods and Instruments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Apply
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41. A healthcare provider wants to ensure reliable blood pressure measurements during a 4-week monitoring program. What is the most appropriate approach?
a. Alternate measurement times throughout the day to observe variability in pressure readings
b. Take a single reading at each visit, relying solely on automated equipment to ensure objectivity
c. Measure at the same time each day in a calm setting, using proper cuff size and taking repeated readings
d. Record measurements only when patients report symptoms, regardless of the environment or time

ANSWER: c

FEEDBACK:
a. Incorrect. Consistent timing, proper environment, and accurate technique improve reliability in blood pressure monitoring
b. Incorrect. Consistent timing, proper environment, and accurate technique improve reliability in blood pressure monitoring
c. Correct. Consistent timing, proper environment, and accurate technique improve reliability in blood pressure monitoring
d. Incorrect. Consistent timing, proper environment, and accurate technique improve reliability in blood pressure monitoring

POINTS: 1
REFERENCES: Methods and Instruments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Apply
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42. What is a health-related fitness component of physical fitness?

a. Agility
b. Body composition
c. Reaction time
d. Balance

ANSWER: b

FEEDBACK:

a. Incorrect. Body composition is a health-related fitness component, reflecting the ratio of fat to lean mass, important for overall health
b. Correct. Body composition is a health-related fitness component, reflecting the ratio of fat to lean mass, important for overall health
c. Incorrect. Body composition is a health-related fitness component, reflecting the ratio of fat to lean mass, important for overall health
d. Incorrect. Body composition is a health-related fitness component, reflecting the ratio of fat to lean mass, important for overall health

POINTS: 1
REFERENCES: Physical Fitness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Remember
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43. Which incurable brain-related condition may be prevented later in life through regular physical activity?

a. Dementia and Alzheimer's
b. Depression
c. Epilepsy
d. Headaches and migraines

ANSWER: a

FEEDBACK:

a. Correct. Regular physical activity may help prevent or delay the onset of dementia and Alzheimer's by supporting brain health and cognitive function
b. Incorrect. Regular physical activity may help prevent or delay the onset of dementia and Alzheimer's by supporting brain health and cognitive function
c. Incorrect. Regular physical activity may help prevent or delay the onset of dementia and Alzheimer's by supporting brain health and cognitive function
d. Incorrect. Regular physical activity may help prevent or delay the onset of dementia and Alzheimer's by supporting brain health and cognitive function

POINTS: 1
REFERENCES: Factors that Affect Fitness and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Understand
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44. A national gym chain is developing a new fitness campaign. To apply inclusive marketing principles effectively, what is the most appropriate strategy?

a. Display slim and muscular models with taglines promoting ideal physique and visual appeal
b. Feature real members of all body types with messages focused on overall health and accessibility
c. Emphasize high-performance athletes in peak condition to represent fitness and discipline
d. Use digitally enhanced images with slogans targeting weight loss and body transformation goals

ANSWER: b

FEEDBACK:

a. Incorrect. Inclusive marketing promotes diversity and body positivity, focusing on health and accessibility rather than unrealistic appearance standards
b. Correct. Inclusive marketing promotes diversity and body positivity, focusing on health and accessibility rather than unrealistic appearance standards
c. Incorrect. Inclusive marketing promotes diversity and body positivity, focusing on health and accessibility rather than unrealistic appearance standards
d. Incorrect. Inclusive marketing promotes diversity and body positivity, focusing on health and accessibility rather than unrealistic appearance standards

POINTS: 1
REFERENCES: Fitness and Wellness Misunderstandings, Controversies, Myths, and Claims
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.7 - Evaluate popular fitness and wellness misconceptions, myths, and claims
KEYWORDS: Bloom's Apply
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45. A health educator is designing a workshop on media literacy for young adults. To help participants apply critical thinking to influencer marketing, what should the educator emphasize?

a. Encouraging reliance on trending supplements that are widely promoted on social media platforms
b. Following fitness influencers with large audiences who promote well-known supplement brands
c. Trusting product reviews from influencers who appear authentic and use supplements themselves
d. Evaluating supplement claims by checking scientific evidence and recognizing paid endorsements

ANSWER: d

FEEDBACK:

a. Incorrect. This encourages critical thinking and informed decision-making by teaching participants to assess credibility and identify marketing bias
b. Incorrect. This encourages critical thinking and informed decision-making by teaching participants to assess credibility and identify marketing bias
c. Incorrect. This encourages critical thinking and informed decision-making by teaching participants to assess credibility and identify marketing bias
d. Correct. This encourages critical thinking and informed decision-making by teaching participants to assess credibility and identify marketing bias

POINTS: 1
REFERENCES: Fitness and Wellness Misunderstandings, Controversies, Myths, and Claims
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.7 - Evaluate popular fitness and wellness misconceptions, myths, and claims
KEYWORDS: Bloom's Apply

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46. A student is evaluating claims about the "5-second rule" using scientific understanding of contamination. Which interpretation best shows analytical reasoning?

a. Understanding that bacteria transfer instantly on contact, making brief exposure irrelevant to safety
b. Believing food is safe if contact with the surface is brief and the floor appears clean to the eye
c. Assuming the surface type matters more than time, so smooth floors reduce contamination risks
d. Concluding quick retrieval avoids harmful growth, so short exposure times prevent health risks

ANSWER: a

FEEDBACK:

a. Correct. This reflects analytical reasoning by applying scientific knowledge about immediate bacterial transfer, rather than relying on common myths or assumptions
b. Incorrect. This reflects analytical reasoning by applying scientific knowledge about immediate bacterial transfer, rather than relying on common myths or assumptions
c. Incorrect. This reflects analytical reasoning by applying scientific knowledge about immediate bacterial transfer, rather than relying on common myths or assumptions
d. Incorrect. This reflects analytical reasoning by applying scientific knowledge about immediate bacterial transfer, rather than relying on common myths or assumptions

POINTS: 1
REFERENCES: Fitness and Wellness Misunderstandings, Controversies, Myths, and Claims
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.7 - Evaluate popular fitness and wellness misconceptions, myths, and claims
KEYWORDS: Bloom's Analyze
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47. A trainer reviews a client's resting heart rate, recorded consistently at 82 bpm. How should the trainer categorize the client's cardiovascular fitness based on RHR analysis?

a. The client is in the good range, reflecting a strong level of cardiovascular conditioning
b. The client meets the average standard, showing acceptable but unremarkable heart health
c. The client falls in the fair category, indicating some room for cardiovascular improvement
d. The client falls in the excellent category, showing optimal cardiovascular efficiency at rest

ANSWER: c

FEEDBACK:

a. Incorrect. A resting heart rate of 82 bpm is slightly elevated, suggesting fair cardiovascular fitness and potential benefits from improved conditioning
b. Incorrect. A resting heart rate of 82 bpm is slightly elevated, suggesting fair cardiovascular fitness and potential benefits from improved conditioning
c. Correct. A resting heart rate of 82 bpm is slightly elevated, suggesting fair cardiovascular fitness and potential benefits from improved conditioning
d. Incorrect. A resting heart rate of 82 bpm is slightly elevated, suggesting fair cardiovascular fitness and potential benefits from improved conditioning

POINTS: 1

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REFERENCES: Fitness and Wellness Assessments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Analyze
DATE CREATED: 3/1/2026 11:59 PM
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48. A health educator is designing a behavior change workshop to lower chronic disease risk. What action best applies current evidence on preventable health risks?

a. Promote screen breaks, allow smoking outdoors, and focus less on food quality in daily nutrition
b. Reduce screen time, discourage smoking, and limit ultra-processed food to lower early mortality risk
c. Focus mainly on sleep routines, support casual smoking, and emphasize processed food convenience
d. Encourage evening screen use, ignore dietary patterns, and avoid strict rules around tobacco use

ANSWER: b
FEEDBACK:
a. Incorrect. This option aligns with strong evidence linking reduced screen time, no tobacco use, and healthier diets to lower chronic disease and mortality risks
b. Correct. This option aligns with strong evidence linking reduced screen time, no tobacco use, and healthier diets to lower chronic disease and mortality risks
c. Incorrect. This option aligns with strong evidence linking reduced screen time, no tobacco use, and healthier diets to lower chronic disease and mortality risks
d. Incorrect. This option aligns with strong evidence linking reduced screen time, no tobacco use, and healthier diets to lower chronic disease and mortality risks
POINTS: 1
REFERENCES: Fitness & Wellness Outcomes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.4 - Evaluate evidence linking lifestyle to fitness and wellness outcomes.
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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49. A health policy analyst is tasked with improving patient decision-making in a public hospital system. What approach best applies strategies to address current system inefficiencies?

a. Create tools that present clear cost and quality data to help patients make informed care decisions
b. Encourage patients to prioritize brand loyalty over data when selecting health care providers
c. Recommend patients delay decisions until billing is finalized to better understand total expenses
d. Focus on maintaining current billing systems while reducing emphasis on price or service clarity

ANSWER: a
FEEDBACK:
a. Correct. Transparent tools empower patients with essential information, directly addressing inefficiencies and promoting informed, value-based healthcare choices
b. Incorrect. Transparent tools empower patients with essential information, directly addressing inefficiencies and promoting informed, value-based healthcare choices

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Principles and Labs for Fitness and Wellness 17th edition Lane Test Bank

c. Incorrect. Transparent tools empower patients with essential information, directly addressing inefficiencies and promoting informed, value-based healthcare choices

d. Incorrect. Transparent tools empower patients with essential information, directly addressing inefficiencies and promoting informed, value-based healthcare choices

POINTS: 1
REFERENCES: Fitness & Wellness Outcomes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.4 - Evaluate evidence linking lifestyle to fitness and wellness outcomes.
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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50. A nutritionist is creating a recovery plan for a client with fatigue and delayed muscle repair. How can the nutritionist best apply knowledge of metabolic health to address these issues?

a. Suggest eliminating carbohydrates, focusing on fats and water to regulate metabolism and reduce fatigue
b. Emphasize hydration, fiber, and vitamin C intake to boost immune response and enhance fat breakdown
c. Recommend foods rich in iron, iodine, and protein to support red blood cell production and muscle regeneration
d. Advise increasing calcium and sodium to promote stronger bones and regulate long-term energy levels

ANSWER: c
FEEDBACK:

a. Incorrect. Iron, iodine, and protein are crucial for oxygen transport, thyroid function, and tissue repair—directly addressing fatigue and delayed muscle recovery

b. Incorrect. Iron, iodine, and protein are crucial for oxygen transport, thyroid function, and tissue repair—directly addressing fatigue and delayed muscle recovery

c. Correct. Iron, iodine, and protein are crucial for oxygen transport, thyroid function, and tissue repair—directly addressing fatigue and delayed muscle recovery

d. Incorrect. Iron, iodine, and protein are crucial for oxygen transport, thyroid function, and tissue repair—directly addressing fatigue and delayed muscle recovery

POINTS: 1
REFERENCES: Lifestyle ABCs
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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51. A corporate wellness coordinator is updating policies to reduce sedentary behavior among remote employees. What strategy best applies lessons learned from technology use during the pandemic?

a. Introduce scheduled activity breaks and encourage screen-free movement between virtual meetings

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b. Extend meeting hours and encourage employees to multitask during back-to-back virtual sessions
c. Promote constant availability online to improve communication between teams and supervisors
d. Require employees to remain seated during meetings to maintain attention and increase output

ANSWER: a

FEEDBACK:
a. Correct. This strategy applies pandemic-era insights by promoting physical activity and reducing screen fatigue to support employee wellness and productivity
b. Incorrect. This strategy applies pandemic-era insights by promoting physical activity and reducing screen fatigue to support employee wellness and productivity
c. Incorrect. This strategy applies pandemic-era insights by promoting physical activity and reducing screen fatigue to support employee wellness and productivity
d. Incorrect. This strategy applies pandemic-era insights by promoting physical activity and reducing screen fatigue to support employee wellness and productivity

POINTS: 1
REFERENCES: Factors that Affect Fitness and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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52. A mental health counselor is supporting a client experiencing low mood, fatigue, and reduced motivation each winter. What strategy best applies understanding of Seasonal Affective Disorder?

a. Suggest avoiding bright environments and limiting movement to conserve emotional energy
b. Encourage late-night screen use and indoor routines to reduce overstimulation and improve rest
c. Recommend adjusting sleep by staying indoors longer during daylight to support seasonal recovery
d. Recommend increased light exposure and outdoor activity to help regulate mood and energy levels

ANSWER: d

FEEDBACK:
a. Incorrect. This approach targets the root of Seasonal Affective Disorder by using natural light and movement to rebalance mood-related brain chemicals
b. Incorrect. This approach targets the root of Seasonal Affective Disorder by using natural light and movement to rebalance mood-related brain chemicals
c. Incorrect. This approach targets the root of Seasonal Affective Disorder by using natural light and movement to rebalance mood-related brain chemicals
d. Correct. This approach targets the root of Seasonal Affective Disorder by using natural light and movement to rebalance mood-related brain chemicals

POINTS: 1
REFERENCES: Factors that Affect Fitness and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.

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Principles and Labs for Fitness and Wellness 17th edition Lane Test Bank

KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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53. A wellness coach is helping a client improve focus and emotional regulation. What recommendation best applies knowledge of neurotransmitter function to support mental resilience?

a. Encourage irregular sleep and spontaneous routines to reset chemical imbalances in the brain
b. Recommend avoiding all stimulating environments to prevent emotional highs and lows throughout the day
c. Promote activities that naturally boost serotonin and dopamine levels, such as exercise and meditation
d. Suggest suppressing emotional responses to strengthen willpower without addressing brain chemistry

ANSWER: c
FEEDBACK:
a. Incorrect. This supports mental resilience by enhancing neurotransmitter balance through natural mood-regulating activities
b. Incorrect. This supports mental resilience by enhancing neurotransmitter balance through natural mood-regulating activities
c. Correct. This supports mental resilience by enhancing neurotransmitter balance through natural mood-regulating activities
d. Incorrect. This supports mental resilience by enhancing neurotransmitter balance through natural mood-regulating activities

POINTS: 1
REFERENCES: The Science of Physical Fitness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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54. A fitness professional is advising a client recovering from digestive issues. What guidance best applies knowledge of cell turnover to support tissue recovery?

a. Emphasize nutrient-dense foods to support rapid intestinal cell renewal and promote gut healing
b. Focus solely on stretching and mobility exercises to speed up turnover in digestive system tissues
c. Recommend delaying nutrient intake to slow down tissue renewal and reduce metabolic stress
d. Suggest ignoring the regeneration cycle since digestive tissues heal without any dietary changes

ANSWER: a
FEEDBACK:
a. Correct. Digestive tissues have high turnover rates, so providing essential nutrients aids in effective repair and recovery
b. Incorrect. Digestive tissues have high turnover rates, so providing essential nutrients aids in effective repair and recovery
c. Incorrect. Digestive tissues have high turnover rates, so providing essential nutrients aids in effective repair and recovery
d. Incorrect. Digestive tissues have high turnover rates, so providing essential nutrients aids in effective repair and recovery

POINTS: 1
REFERENCES: The Science of Physical Fitness
QUESTION TYPE: Multiple Choice

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Principles and Labs for Fitness and Wellness 17th edition Lane Test Bank

HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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55. A researcher observes that a group of individuals who regularly engage in partner-based fitness programs report improved memory, decreased stress, and stronger peer relationships. How should this outcome be interpreted in terms of wellness dimensions?

a. Emotional well-being is unrelated to exercise and is more dependent on individual coping strategies.
b. Physical wellness and social wellness are independent and do not influence intellectual performance.
c. Improvements in memory are strictly linked to genetics and cannot be influenced by physical movement.
d. Physical activity enhances multiple wellness domains, including emotional, intellectual, and social dimensions.

ANSWER: d
FEEDBACK:
a. Incorrect. Partner-based fitness supports holistic wellness by improving brain function, reducing stress, and strengthening social bonds
b. Incorrect. Partner-based fitness supports holistic wellness by improving brain function, reducing stress, and strengthening social bonds
c. Incorrect. Partner-based fitness supports holistic wellness by improving brain function, reducing stress, and strengthening social bonds
d. Correct. Partner-based fitness supports holistic wellness by improving brain function, reducing stress, and strengthening social bonds

POINTS: 1
REFERENCES: The Meaning of Living Fit and Well
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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56. A client visits a wellness clinic seeking quick recovery after a marathon. The practitioner suggests an IV treatment for hydration and nutrient replenishment. What does this method involve?

a. Applying cold compresses to reduce muscle inflammation
b. Delivering fluids and nutrients directly into the bloodstream
c. Consuming electrolyte-rich drinks after physical exertion
d. Using massage therapy to restore muscle tissue function

ANSWER: b
FEEDBACK:
a. Incorrect. IV treatment rapidly rehydrates and replenishes nutrients by bypassing digestion and entering the bloodstream directly
b. Correct. IV treatment rapidly rehydrates and replenishes nutrients by bypassing digestion and entering the bloodstream directly
c. Incorrect. IV treatment rapidly rehydrates and replenishes nutrients by bypassing digestion and entering the bloodstream directly
d. Incorrect. IV treatment rapidly rehydrates and replenishes nutrients by bypassing digestion and entering the bloodstream directly

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Principles and Labs for Fitness and Wellness 17th edition Lane Test Bank

POINTS: 1
REFERENCES: Fitness and Wellness Misunderstandings, Controversies, Myths, and Claims
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.7 - Evaluate popular fitness and wellness misconceptions, myths, and claims
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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57. How does social media's tidbit-style communication create both opportunities and challenges in spreading health information?

a. It encourages reading long articles but limits direct interactions
b. It promotes research-based health books and verified sources
c. It boosts engagement but risks promoting simplified or misleading messages
d. It discourages visual content while increasing video authenticity

ANSWER: c
FEEDBACK:

a. Incorrect. Social media's brief, attention-grabbing content format increases reach but often oversimplifies or distorts complex health information
b. Incorrect. Social media's brief, attention-grabbing content format increases reach but often oversimplifies or distorts complex health information
c. Correct. Social media's brief, attention-grabbing content format increases reach but often oversimplifies or distorts complex health information
d. Incorrect. Social media's brief, attention-grabbing content format increases reach but often oversimplifies or distorts complex health information

POINTS: 1
REFERENCES: Fitness & Wellness Guidelines
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.6 - Implement evidenced-based fitness and wellness guidelines
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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58. A patient shows consistently high blood pressure readings during clinic visits but normal levels when using a home monitor. What condition might this suggest?

a. White-coat hypertension caused by clinical anxiety during assessments
b. Chronic hypertension with symptoms worsened only during mornings
c. Orthostatic hypotension due to changes in body posture after rest
d. Masked hypertension showing high readings only in home conditions

ANSWER: a
FEEDBACK:

a. Correct. Elevated blood pressure in clinical settings but normal readings at home suggests white-coat hypertension, often triggered by stress or anxiety during medical visits
b. Incorrect. Elevated blood pressure in clinical settings but normal readings at home suggests white-coat hypertension, often triggered by stress or anxiety during medical visits

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c. Incorrect. Elevated blood pressure in clinical settings but normal readings at home suggests white-coat hypertension, often triggered by stress or anxiety during medical visits

d. Incorrect. Elevated blood pressure in clinical settings but normal readings at home suggests white-coat hypertension, often triggered by stress or anxiety during medical visits

POINTS: 1
REFERENCES: Fitness and Wellness Assessments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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59. You are conducting a fitness screen and notice a participant has a significantly lower resting heart rate after 6 weeks of aerobic training. What does this most likely indicate?

a. Improved efficiency of heart and lungs in supplying oxygen
b. Reduced muscular strength and anaerobic performance
c. Temporary dehydration from intense endurance workouts
d. Increased buildup of lactic acid during physical training

ANSWER: a
FEEDBACK:

a. Correct. A lower resting heart rate after aerobic training typically reflects enhanced cardiovascular efficiency and improved oxygen delivery by the heart and lungs

b. Incorrect. A lower resting heart rate after aerobic training typically reflects enhanced cardiovascular efficiency and improved oxygen delivery by the heart and lungs

c. Incorrect. A lower resting heart rate after aerobic training typically reflects enhanced cardiovascular efficiency and improved oxygen delivery by the heart and lungs

d. Incorrect. A lower resting heart rate after aerobic training typically reflects enhanced cardiovascular efficiency and improved oxygen delivery by the heart and lungs

POINTS: 1
REFERENCES: Fitness and Wellness Assessments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Apply
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60. A hospital administrator is reviewing recent data on preventable medical errors. To address both the human and financial impact, what should be a primary focus of their intervention strategy?

a. Reducing patient discharge times to increase service flow

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b. Offering incentives for quicker clinical decision-making
c. Increasing reliance on automated patient documentation
d. Implementing system-wide safety protocols and staff training

ANSWER: a

FEEDBACK:
a. Correct. Prioritizing safety protocols and comprehensive staff training addresses root causes of medical errors, improving patient outcomes and reducing long-term costs
b. Incorrect. Prioritizing safety protocols and comprehensive staff training addresses root causes of medical errors, improving patient outcomes and reducing long-term costs
c. Incorrect. Prioritizing safety protocols and comprehensive staff training addresses root causes of medical errors, improving patient outcomes and reducing long-term costs
d. Incorrect. Prioritizing safety protocols and comprehensive staff training addresses root causes of medical errors, improving patient outcomes and reducing long-term costs

POINTS: 1
REFERENCES: Fitness & Wellness Outcomes
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.4 - Evaluate evidence linking lifestyle to fitness and wellness outcomes.
KEYWORDS: Bloom's Apply
DATE CREATED: 3/1/2026 11:59 PM
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61. A physical therapist is designing a recovery plan for a patient with reduced bone density and impaired posture. Which combination of connective tissue functions should the therapist prioritize to support bone strength and alignment?

a. Hemopoietic activity and adipose insulation
b. Bone remodeling and skeletal muscle contraction
c. Platelet production and joint lubrication
d. Adipose storage and white blood cell formation

ANSWER: b

FEEDBACK:
a. Incorrect. Bone remodeling maintains bone strength, while skeletal muscle contraction supports posture and alignment—both essential for recovery in cases of low bone density and poor posture
b. Correct. Bone remodeling maintains bone strength, while skeletal muscle contraction supports posture and alignment—both essential for recovery in cases of low bone density and poor posture
c. Incorrect. Bone remodeling maintains bone strength, while skeletal muscle contraction supports posture and alignment—both essential for recovery in cases of low bone density and poor posture
d. Incorrect. Bone remodeling maintains bone strength, while skeletal muscle contraction supports posture and alignment—both essential for recovery in cases of low bone density and poor posture

POINTS: 1
REFERENCES: The Science of Physical Fitness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False

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Principles and Labs for Fitness and Wellness 17th edition Lane Test Bank

LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Apply
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62. A physician is evaluating a patient with nutrient malabsorption, poor vision, and frequent toxin buildup. Which combination of cellular functions would be most important to assess?

a. Renal filtration, UV activation, Golgi packaging
b. Hepatic detoxification, nephron filtering, protein synthesis
c. Golgi function, skeletal contraction, intestinal excretion
d. Enterocyte absorption, hepatic detoxification, visual conversion

ANSWER: d
FEEDBACK:
a. Incorrect. These functions directly relate to nutrient uptake (enterocyte absorption), toxin processing (hepatic detoxification), and vision (vitamin A visual conversion), which align with the patient's symptoms
b. Incorrect. These functions directly relate to nutrient uptake (enterocyte absorption), toxin processing (hepatic detoxification), and vision (vitamin A visual conversion), which align with the patient's symptoms
c. Incorrect. These functions directly relate to nutrient uptake (enterocyte absorption), toxin processing (hepatic detoxification), and vision (vitamin A visual conversion), which align with the patient's symptoms
d. Correct. These functions directly relate to nutrient uptake (enterocyte absorption), toxin processing (hepatic detoxification), and vision (vitamin A visual conversion), which align with the patient's symptoms

POINTS: 1
REFERENCES: The Science of Physical Fitness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Apply
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63. How does social wellness contribute to the development of other wellness dimensions?

a. It builds empathy that supports emotional, environmental, and intellectual wellness
b. It supports stress management, group involvement, and shared perspectives
c. It reduces stress, boosts relationships, and enhances brain development
d. It improves health, encourages fitness, and increases academic knowledge

ANSWER: b
FEEDBACK:
a. Incorrect. Social wellness fosters empathy and connection, which positively influence emotional stability, environmental awareness, and intellectual growth
b. Correct. Social wellness fosters empathy and connection, which positively influence emotional stability, environmental awareness, and intellectual growth
c. Incorrect. Social wellness fosters empathy and connection, which positively influence emotional stability, environmental awareness, and intellectual growth
d. Incorrect. Social wellness fosters empathy and connection, which positively influence emotional stability, environmental awareness, and intellectual growth

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POINTS: 1
REFERENCES: The Meaning of Living Fit and Well
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Analyze
DATE CREATED: 3/1/2026 11:59 PM
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64. How can individuals apply an integrated approach to reduce the impact of chronic pain on daily life?
    a. By using medication only when pain becomes unbearable or persistent
    b. By avoiding physical activity to prevent further injury or discomfort
    c. By combining physical therapy, behavioral support, and adaptive movement routines
    d. By isolating from others to focus solely on managing physical symptoms

ANSWER: c
FEEDBACK:
    a. Incorrect. An integrated approach blends physical, psychological, and functional strategies to holistically manage and reduce the burden of chronic pain
    b. Incorrect. An integrated approach blends physical, psychological, and functional strategies to holistically manage and reduce the burden of chronic pain
    c. Correct. An integrated approach blends physical, psychological, and functional strategies to holistically manage and reduce the burden of chronic pain
    d. Incorrect. An integrated approach blends physical, psychological, and functional strategies to holistically manage and reduce the burden of chronic pain

POINTS: 1
REFERENCES: Factors that Affect Fitness and Wellness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Apply
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65. How does spiritual wellness influence multiple dimensions of health?
    a. It enhances immunity, emotional balance, and social empathy through spiritual practices
    b. It relies on daily rituals, community worship, and belief systems to maintain wellness
    c. It improves diet, physical activity, and mental alertness through moral discipline
    d. It uses silent reflection, strict meditation, and isolation to manage stress effectively

ANSWER: a
FEEDBACK:
    a. Correct. Spiritual wellness supports overall health by fostering inner peace, emotional regulation, and connection with others, which positively influence multiple wellness dimensions
    b. Incorrect. Spiritual wellness supports overall health by fostering inner peace, emotional regulation, and connection with others, which positively influence multiple wellness dimensions
    c. Incorrect. Spiritual wellness supports overall health by fostering inner peace,

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emotional regulation, and connection with others, which positively influence multiple wellness dimensions

d. Incorrect. Spiritual wellness supports overall health by fostering inner peace, emotional regulation, and connection with others, which positively influence multiple wellness dimensions

POINTS: 1
REFERENCES: The Meaning of Living Fit and Well
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Analyze
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66. Which of the following actions best applies the principle of flexibility testing to assess a client's mobility during a fitness evaluation?

a. Performing a sit-and-reach test to measure hamstring and lower back flexibility
b. Measuring heart rate response during a treadmill walking protocol
c. Recording vertical jump height to assess lower-body power output
d. Monitoring blood pressure during resistance training exercises

ANSWER: a
FEEDBACK:

a. Correct. The sit-and-reach test directly evaluates flexibility, particularly in the hamstrings and lower back, aligning with the principle of mobility assessment
b. Incorrect. The sit-and-reach test directly evaluates flexibility, particularly in the hamstrings and lower back, aligning with the principle of mobility assessment
c. Incorrect. The sit-and-reach test directly evaluates flexibility, particularly in the hamstrings and lower back, aligning with the principle of mobility assessment
d. Incorrect. The sit-and-reach test directly evaluates flexibility, particularly in the hamstrings and lower back, aligning with the principle of mobility assessment

POINTS: 1
REFERENCES: Fitness and Wellness Assessments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Apply
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67. A public health team wants to compare well-being across several countries. Which approach best uses the Cantril Self-Anchoring Striving Scale to achieve this goal?

a. Tracking each country's average income and education levels annually
b. Surveying individuals to rank their life from worst to best on a 0–10 ladder scale
c. Analyzing national rates of depression and anxiety through hospital records
d. Recording sleep and physical activity levels from wearable fitness trackers

ANSWER: b

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FEEDBACK:

a. Incorrect. The Cantril Scale uses a 0–10 ladder metaphor for individuals to self-rate life satisfaction, enabling cross-country well-being comparisons based on personal evaluations
b. Correct. The Cantril Scale uses a 0–10 ladder metaphor for individuals to self-rate life satisfaction, enabling cross-country well-being comparisons based on personal evaluations
c. Incorrect. The Cantril Scale uses a 0–10 ladder metaphor for individuals to self-rate life satisfaction, enabling cross-country well-being comparisons based on personal evaluations
d. Incorrect. The Cantril Scale uses a 0–10 ladder metaphor for individuals to self-rate life satisfaction, enabling cross-country well-being comparisons based on personal evaluations

POINTS: 1
REFERENCES: Fitness and Wellness Assessments
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Apply
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68. A 35-year-old office worker wants to improve overall health. Based on current health guidelines, which plan best supports long-term wellness?

a. Sleeping 7–9 hours nightly, exercising moderately for 150 minutes weekly, and training twice a week
b. Sleeping less than 6 hours, skipping resistance training, and focusing only on high-carb diets
c. Performing only cardio daily, limiting food intake, and avoiding sleep during workdays
d. Following high-protein diets, avoiding physical activity, and sleeping inconsistently each night

ANSWER: a
FEEDBACK:

a. Correct. This plan aligns with evidence-based guidelines promoting adequate sleep, balanced aerobic activity, and resistance training for sustained health benefits
b. Incorrect. This plan aligns with evidence-based guidelines promoting adequate sleep, balanced aerobic activity, and resistance training for sustained health benefits
c. Incorrect. This plan aligns with evidence-based guidelines promoting adequate sleep, balanced aerobic activity, and resistance training for sustained health benefits
d. Incorrect. This plan aligns with evidence-based guidelines promoting adequate sleep, balanced aerobic activity, and resistance training for sustained health benefits

POINTS: 1
REFERENCES: Fitness & Wellness Guidelines
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.6 - Implement evidenced-based fitness and wellness guidelines
KEYWORDS: Bloom's Apply
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69. Which scenario best reflects the commodification of wellness in a weight-normative approach?
    a. A clinic offers personalized wellness plans based on blood work, fitness, and mental health evaluations.
    b. A school teaches students that fitness includes strength, endurance, and emotional well-being.
    c. A gym markets diet plans and supplements focusing on achieving a specific body size rather than overall health.
    d. A workplace wellness program includes mindfulness sessions and ergonomic assessments.

ANSWER: c

FEEDBACK:
a. Incorrect. This reflects commodification by reducing wellness to commercial products targeting weight as the main health indicator
b. Incorrect. This reflects commodification by reducing wellness to commercial products targeting weight as the main health indicator
c. Correct. This reflects commodification by reducing wellness to commercial products targeting weight as the main health indicator
d. Incorrect. This reflects commodification by reducing wellness to commercial products targeting weight as the main health indicator

POINTS: 1
REFERENCES: Fitness and Wellness Misunderstandings, Controversies, Myths, and Claims
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.7 - Evaluate popular fitness and wellness misconceptions, myths, and claims
KEYWORDS: Bloom's Apply
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70. How can a person apply financial wellness principles to reduce stress and improve overall well-being?
    a. Setting automatic transfers to grow an emergency savings account
    b. Watching others invest without participating personally
    c. Hoping for a salary increase without financial planning
    d. Ignoring bills until financial stress becomes unmanageable

ANSWER: a

FEEDBACK:
a. Correct. Proactively managing finances by building savings reduces stress and promotes financial stability
b. Incorrect. Proactively managing finances by building savings reduces stress and promotes financial stability
c. Incorrect. Proactively managing finances by building savings reduces stress and promotes financial stability
d. Incorrect. Proactively managing finances by building savings reduces stress and promotes financial stability

POINTS: 1
REFERENCES: The Meaning of Living Fit and Well
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.1 - Describe wellness and its eight interconnected dimensions.
KEYWORDS: Bloom's Apply

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71. How does the structure of muscle cells support their functional role in the body?
a. They produce antibodies to defend against infections
b. They have hemoglobin to carry oxygen through the bloodstream
c. They contain digestive enzymes to break down nutrients
d. They contain contractile proteins like actin and myosin for force generation

ANSWER: d
FEEDBACK:
a. Incorrect. Muscle cells have specialized proteins that enable contraction, allowing movement and force production
b. Incorrect. Muscle cells have specialized proteins that enable contraction, allowing movement and force production
c. Incorrect. Muscle cells have specialized proteins that enable contraction, allowing movement and force production
d. Correct. Muscle cells have specialized proteins that enable contraction, allowing movement and force production
POINTS: 1
REFERENCES: The Science of Physical Fitness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Apply
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72. Which organelle would be most affected if a muscle cell lacked the ability to efficiently produce ATP during aerobic exercise?
a. Nucleus, because it controls voluntary movement
b. Cytosol, because it stores oxygen during high activity
c. Mitochondria, because they generate energy through aerobic metabolism
d. Cell membrane, because it carries genetic instructions for muscle action

ANSWER: c
FEEDBACK:
a. Incorrect. Mitochondria produce ATP via aerobic respiration, essential for sustained muscle activity during exercise
b. Incorrect. Mitochondria produce ATP via aerobic respiration, essential for sustained muscle activity during exercise
c. Correct. Mitochondria produce ATP via aerobic respiration, essential for sustained muscle activity during exercise
d. Incorrect. Mitochondria produce ATP via aerobic respiration, essential for sustained muscle activity during exercise
POINTS: 1
REFERENCES: The Science of Physical Fitness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness

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KEYWORDS: Bloom's Apply
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73. During a severe infection in the digestive tract, which epithelial tissue function would most directly help the body maintain nutrient balance?

a. Absorption of nutrients through specialized intestinal cells
b. Secretion of sweat to regulate internal body temperature
c. Gas exchange at the surface of alveolar membranes
d. Filtration of toxins through capillary endothelial linings

ANSWER: a
FEEDBACK:
a. Correct. Intestinal epithelial cells absorb nutrients, crucial for maintaining nutrient balance especially during digestive infections
b. Incorrect. Intestinal epithelial cells absorb nutrients, crucial for maintaining nutrient balance especially during digestive infections
c. Incorrect. Intestinal epithelial cells absorb nutrients, crucial for maintaining nutrient balance especially during digestive infections
d. Incorrect. Intestinal epithelial cells absorb nutrients, crucial for maintaining nutrient balance especially during digestive infections

POINTS: 1
REFERENCES: The Science of Physical Fitness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Apply
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74. A person adopts a healthier lifestyle through balanced nutrition and regular exercise. According to epigenetic principles, how might this influence their gene expression over time?

a. It permanently mutates the DNA to resist future illness
b. It duplicates favorable genes to enhance physical traits
c. It eliminates harmful genetic material from the chromosomes
d. It can activate or silence specific genes without changing DNA sequences

ANSWER: d
FEEDBACK:
a. Incorrect. Epigenetics involves modifying gene expression through environmental and lifestyle factors without altering the underlying DNA
b. Incorrect. Epigenetics involves modifying gene expression through environmental and lifestyle factors without altering the underlying DNA
c. Incorrect. Epigenetics involves modifying gene expression through environmental and lifestyle factors without altering the underlying DNA
d. Correct. Epigenetics involves modifying gene expression through environmental and lifestyle factors without altering the underlying DNA

POINTS: 1
REFERENCES: Factors that Affect Fitness and Wellness
QUESTION TYPE: Multiple Choice

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HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS: Bloom's Apply
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75. While jogging, your body requires increased oxygen delivery and waste removal. Which combined function of the cardiorespiratory system most directly supports this demand?

a. Reflexive digestion and nutrient absorption to fuel aerobic activity
b. Coordinated heart contractions and vessel dilation to increase blood flow
c. Muscle hypertrophy and joint mobility to extend endurance capacity
d. Hormonal secretion and sweat production to maintain fluid balance

ANSWER: b
FEEDBACK:
a. Incorrect. The cardiorespiratory system increases oxygen delivery and waste removal during exercise by pumping blood efficiently and adjusting vessel diameter to direct flow where needed
b. Correct. The cardiorespiratory system increases oxygen delivery and waste removal during exercise by pumping blood efficiently and adjusting vessel diameter to direct flow where needed
c. Incorrect. The cardiorespiratory system increases oxygen delivery and waste removal during exercise by pumping blood efficiently and adjusting vessel diameter to direct flow where needed
d. Incorrect. The cardiorespiratory system increases oxygen delivery and waste removal during exercise by pumping blood efficiently and adjusting vessel diameter to direct flow where needed

POINTS: 1
REFERENCES: The Science of Physical Fitness
QUESTION TYPE: Multiple Choice
HAS VARIABLES: False
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Apply
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76. How would you apply proper blood pressure assessment techniques when preparing a patient for an accurate reading in a clinical setting?

ANSWER: Accurate blood pressure (BP) assessment is critical in clinical practice, as it provides insight into cardiovascular health. To ensure reliable readings, correct preparation and technique must be applied. Before measurement, the individual should rest quietly for 3 to 5 minutes, avoiding caffeine, exercise, and smoking for at least 30 minutes prior. These steps help stabilize the cardiovascular system and prevent artificially elevated readings.
During assessment, the patient should be seated comfortably with their back supported, feet flat on the floor, and arm at heart level. The cuff should fit properly—covering about 80% of the arm's circumference—and be placed one inch above the elbow on bare skin. Using a stethoscope and sphygmomanometer or an automated device, the cuff is inflated until the radial pulse disappears, then deflated slowly at a rate of 2–4 mm Hg per second. Systolic pressure is noted at the first sound, and diastolic at the last. To ensure consistency, BP should

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be measured in both arms and any discrepancies recorded.

POINTS: 1
REFERENCES: Fitness and Wellness Assessments
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: LANE.17.1.5 - Distinguish among measures, tests, and techniques to assess fitness and wellness status.
KEYWORDS: Bloom's Apply
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77. How can an individual use insight from global quality-of-life trends to make personal lifestyle decisions that enhance well-being and resilience?

ANSWER: Quality of life is shaped by multiple interrelated factors including physical energy, mobility, emotional resilience, and life satisfaction. While personal habits such as regular exercise, nutritious eating, and adequate sleep are essential, broader systemic influences also play a significant role. The 2024 Gallup Life Evaluation Index (LEI) highlights these global disparities. In stable countries like Denmark, less than 1 percent of people report suffering, while in regions facing poverty and political instability, such as Zimbabwe, up to 40 percent suffer due to lack of basic resources and support.
Even in high-income nations like the U.S., suffering has risen to 5.6 percent, driven by worsening mental health, social disconnection, and financial strain—particularly among individuals under 30. These findings emphasize that personal wellness is not only about individual choices but also shaped by environment and access to support systems. Applying this understanding, individuals can prioritize community engagement, mental health care, and balanced living strategies to buffer against stress and improve personal well-being, even amid broader societal challenges.

POINTS: 1
REFERENCES: Fitness & Wellness Outcomes
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: LANE.17.1.4 - Evaluate evidence linking lifestyle to fitness and wellness outcomes.
KEYWORDS: Bloom's Apply
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78. How can an individual use knowledge of their genetic predispositions to design a personalized fitness and lifestyle plan that optimizes health outcomes?

ANSWER: Genetics play a key role in determining physical fitness by influencing traits like muscle fiber composition, metabolism, and hormonal regulation. For instance, individuals with a higher proportion of slow-twitch muscle fibers may excel in endurance activities such as long-distance running, while those with more fast-twitch fibers are often better suited for sprinting or weightlifting. Additionally, genetic predispositions can affect how efficiently the body stores fat, processes insulin, and manages cholesterol levels, increasing the risk for chronic diseases like obesity, diabetes, or hypertension.
However, individuals can apply this knowledge to create a customized wellness plan. By

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	understanding their genetic strengths and vulnerabilities, people can choose the right type of exercise (e.g., endurance vs. power training), tailor their diets to improve metabolism, and adopt stress-reduction techniques to reduce disease risk. Through epigenetics, consistent healthy behaviors—like regular physical activity, balanced nutrition, and adequate sleep—can influence how certain genes express themselves, allowing individuals to mitigate genetic risks and enhance overall well-being.
POINTS:	1
REFERENCES:	Factors that Affect Fitness and Wellness
QUESTION TYPE:	Essay
HAS VARIABLES:	False
STUDENT ENTRY MODE:	Basic
LEARNING OBJECTIVES:	LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS:	Bloom's Apply
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79. How do different types of physical activities contribute to overall health, and what are their potential risks if not performed correctly?

ANSWER:	Physical activities play a crucial role in enhancing various dimensions of health. Cardio exercises, such as running or cycling, improve heart and lung function, help manage weight, and reduce the risk of chronic illnesses. However, if done excessively or improperly, they can lead to joint strain or heart complications. Strength exercises increase muscle mass, support joint health, and improve bone density, but poor form or inadequate rest may result in muscle strains or overtraining. Flexibility exercises, such as yoga or stretching, promote better posture and reduce stiffness, though improper techniques can lead to overstretching injuries. Balance exercises help prevent falls and strengthen the core, yet pose a risk of dizziness or falls if not executed safely. Leisure activities, like walking or gardening, benefit mental health and stress reduction, but risk turning sedentary without consistency. Sports boost teamwork and fitness but carry risks of injuries like sprains. Finally, daily and occupational tasks support mobility but may cause strain if ergonomics are neglected. Balanced practice and awareness are key to minimizing these risks.
POINTS:	1
REFERENCES:	Factors that Affect Fitness and Wellness
QUESTION TYPE:	Essay
HAS VARIABLES:	False
STUDENT ENTRY MODE:	Basic
LEARNING OBJECTIVES:	LANE.17.1.3 - Identify biological, environmental, and lifestyle factors that affect fitness and wellness.
KEYWORDS:	Bloom's Analyze
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80. How does the musculoskeletal system function as both the body’s structural frame and mechanical engine, and what are the roles of its major components?

ANSWER:	The musculoskeletal system serves as the body's structural framework and mechanical engine, enabling movement, stability, and protection. It comprises bones, joints, cartilage, muscles, tendons, and ligaments working together to maintain posture and perform complex

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physical tasks. At the core is the skeleton—206 bones primarily made of cortical tissue—that gives shape and safeguards vital organs like the brain and heart. Joints link bones and are cushioned by cartilage, which resists wear and provides smooth, shock-absorbing motion, especially in highly mobile joints like the shoulder and hip. Tendons anchor muscles to bones, while ligaments connect bones to each other, both vital for joint stability. These connective tissues are often injured during sports, particularly in the knee. The skeletal muscles act as force generators, pulling on bones to produce motion. Coordinating it all is the central nervous system, which sends electrical signals that control muscle contractions and joint movements. Together, this integrated system allows for both voluntary action and protection from mechanical stress.

POINTS: 1
REFERENCES: The Science of Physical Fitness
QUESTION TYPE: Essay
HAS VARIABLES: False
STUDENT ENTRY MODE: Basic
LEARNING OBJECTIVES: LANE.17.1.2 - Explain functional, health-related and performance-related physical fitness
KEYWORDS: Bloom's Analyze
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