

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) Total wellness can be achieved by balancing _____. 1) _____
 - A) cardiorespiratory fitness and flexibility
 - B) physical, emotional, intellectual, social, and spiritual health
 - C) psychological and physical health
 - D) physical, social, and mental health

- 2) _____ is defined as a state of optimal health, which includes physical, emotional, intellectual, spiritual, and social health. 2) _____
 - A) Well-being
 - B) Fitness
 - C) Health
 - D) Wellness

- 3) Wellness can be defined as _____. 3) _____
 - A) a state of high physical fitness.
 - B) a state of good emotional health.
 - C) a state of healthy living.
 - D) feeling good.

- 4) One way to maintain _____ health is by keeping your mind active through life-long learning. 4) _____
 - A) spiritual
 - B) emotional
 - C) intellectual
 - D) social

- 5) *Healthy People 2020* is best described as _____. 5) _____
 - A) a set of national wellness goals to improve the health of all Americans
 - B) a set of guidelines for all U. S. citizens of high school age
 - C) a report by the National Institutes of Health projecting the state of U.S. citizens' health by 2020
 - D) a government-sponsored health care insurance plan

- 6) Which of the following is *not* considered to be a health benefit of exercise? 6) _____
 - A) reduced risk of bone loss with age
 - B) reduced risk of kidney disease
 - C) reduced risk of heart disease
 - D) reduced risk of diabetes

- 7) Diabetes is a disease characterized by _____. 7) _____
 - A) low blood sugar levels
 - B) low red blood cell counts
 - C) hypoglycemia
 - D) high blood glucose levels

- 8) Any movement of the body produced by skeletal muscle that results in energy expenditure is termed _____. 8) _____
 - A) physical activity
 - B) fitness
 - C) exercise
 - D) exertion

- 9) Weight-bearing activities are particularly important for _____. 9) _____
 - A) increasing bone density
 - B) lowering blood glucose levels
 - C) reducing the risk of CVD
 - D) reducing the risk of lung cancer

- 10) Osteoporosis is _____. 10) _____
 - A) a disease of the blood vessels
 - B) high blood sugar
 - C) high blood pressure
 - D) loss of bone mass and strength

- 11) Which of the following is *not* considered to be one the five major components of health-related physical fitness? 11) _____
 A) body composition B) motor skills
 C) muscular endurance D) cardiorespiratory fitness
- 12) Individuals who have achieved a high level of _____ are capable of performing 30–60 minutes of vigorous exercise without undue fatigue. 12) _____
 A) muscle strength B) flexibility
 C) cardiorespiratory fitness D) wellness
- 13) Muscular _____ is defined as the ability of a muscle to generate force over and over again. 13) _____
 A) energy B) reps C) strength D) endurance
- 14) _____ refers to the relative amounts of fat and lean tissue found in the body. 14) _____
 A) Body mass index B) Bone mass
 C) Body composition D) Cardiorespiratory endurance
- 15) The maximal ability of a muscle to generate force is known as muscular _____. 15) _____
 A) fatigue limit B) strength C) contraction D) endurance
- 16) If you smoke, are not aware of its health risks, and have no desire to stop, in what stage of change are you? 16) _____
 A) contemplation B) maintenance
 C) preparation D) precontemplation
- 17) The _____ model is a framework for understanding how individuals move toward adopting and maintaining health behavior changes. 17) _____
 A) decisional balance B) stages of change
 C) SMART D) *Healthy People 2020*
- 18) Heather has lost 30 pounds and has kept it off for 6 years. She is currently in the _____ stage of change. 18) _____
 A) behavioral B) preparation C) contemplation D) maintenance
- 19) A good foundation for changing any unhealthy behavior is to _____. 19) _____
 A) make a list of the things that you don't like about yourself
 B) develop a personal behavior contract
 C) make several lifestyle changes all at the same time
 D) keep your plans to yourself until you achieve success, then share it with people you know
- 20) Completing a written contract to modify an unhealthy behavior serves to _____. 20) _____
 A) list the consequences of not meeting your goals
 B) give you the opportunity to postpone your desired changes for at least a month.
 C) provide a start date to take action
 D) identify how others feel about the change you want to make

- 21) A commonly used strategy to assist with behavior modification is _____. 21) _____
 A) stating your goals in broad, general terms
 B) postponing behavior change until after the holidays
 C) self-reinforcement by sacrificing something you enjoy if you lapse
 D) setting short- and long-term goals
- 22) SMART stands for _____, measurable, action-oriented, _____ and time-stamped. 22) _____
 A) simple; realistic B) short; reachable
 C) specific; rational D) specific; realistic
- 23) Olivia has decided that she's going to eat healthier starting next week. She gives away the two bags of potato chips she has in her pantry. She goes grocery shopping on Saturday and stocks her refrigerator with carrots and apples to snack on while she's studying. This is an example of what form of behavior modification? 23) _____
 A) self-monitoring B) counter conditioning
 C) decisional balance D) self-reinforcement
- 24) Charles has decided that for every 3 pounds he loses in the next 6 months, he's going to splurge on a new t-shirt to show off his sculpted muscles. What behavior modification strategy is Charles using by doing this? 24) _____
 A) relapse prevention B) self-monitoring
 C) self-reinforcement D) substituting behaviors
- 25) Conditions or situations that may prevent you from making your behavior change are called _____. 25) _____
 A) challengers B) diversions C) barriers D) blockages
- 26) Shaping is _____. 26) _____
 A) assessing your current habits before changing your behavior
 B) planned, structured, repetitive bodily movement done to improve or maintain physical fitness
 C) developing and maintaining meaningful interpersonal relationships
 D) simplifying complex behavioral changes into small steps

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 27) Physical health is defined as all behaviors that keep your body healthy and includes physical fitness, proper nutrition, performing self-exams, and practicing personal safety. 27) _____
- 28) The cornerstone of emotional health is excellent physical fitness. 28) _____
- 29) Having healthy behaviors related to one or two aspects of wellness will guarantee a high level of total wellness. 29) _____
- 30) Factors other than behavior, such as ethnicity and gender, can also affect your wellness and risk for certain diseases. 30) _____
- 31) Physical activity includes only physical movement that requires a high energy level. 31) _____
- 32) Regular exercise can reduce your risk of heart disease. 32) _____

- 33) Regular exercise does not reduce the risk of developing type 2 diabetes. 33) _____
- 34) Untreated diabetes can result in blindness. 34) _____
- 35) Having good balance and agility are not factors in decreasing the risk of falls in older adults. 35) _____
- 36) Flexibility is the ability to move joints freely through their full range of motion. 36) _____
- 37) Muscular fitness is an alternative term for muscular endurance. 37) _____
- 38) Aerobic fitness is another way of saying cardiorespiratory endurance. 38) _____
- 39) Avoiding situations that trigger unhealthy choices is called relapse prevention. 39) _____
- 40) If you're going to make a change, it's best to try to change unhealthy behaviors all at once. 40) _____
- 41) Taking complex behaviors and breaking them down into smaller, more manageable steps is called shaping. 41) _____
- 42) An ad promising a weight-loss product that seems too good to be true indicates it is a product worth buying. 42) _____

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

- 43) Discuss the term *body composition*.
- 44) Discuss exercise as it relates to physical activity.
- 45) Define *cardiorespiratory endurance*.
- 46) Define the *wellness* concept.
- 47) List five major health benefits of regular exercise.
- 48) List and define the five components of health-related fitness.
- 49) List and describe the five stages of change.
- 50) List some specific steps you could take to start increasing your physical activity every day.

Answer Key

Testname: UNTITLED1

- 1) B
- 2) D
- 3) C
- 4) C
- 5) A
- 6) B
- 7) D
- 8) A
- 9) A
- 10) D
- 11) B
- 12) C
- 13) D
- 14) C
- 15) B
- 16) D
- 17) B
- 18) D
- 19) B
- 20) C
- 21) D
- 22) D
- 23) B
- 24) C
- 25) C
- 26) D
- 27) TRUE
- 28) FALSE
- 29) FALSE
- 30) TRUE
- 31) FALSE
- 32) TRUE
- 33) FALSE
- 34) TRUE
- 35) FALSE
- 36) TRUE
- 37) FALSE
- 38) TRUE
- 39) TRUE
- 40) FALSE
- 41) TRUE
- 42) FALSE
- 43) The term *body composition* refers to the relative amounts of fat and lean body tissue found in the body.
- 44) Exercise is a subcategory of physical activity. Exercise is physical activity that is planned, structured, and designed to contribute to physical fitness.
- 45) Cardiorespiratory endurance (sometimes called *aerobic fitness* or *cardiovascular fitness*) is an important component of physical fitness. Cardiorespiratory fitness is a measure of the circulatory system's ability to pump blood to the working muscles and the ability of the muscles to take up and use the oxygen to produce energy for muscular contraction.
- 46) Wellness is defined as a state of optimal health which includes physical, emotional, intellectual, spiritual, and social health.

Answer Key

Testname: UNTITLED1

- 47) Answers may vary but should include at least 5 of the following 6 health benefits of regular exercise: (1) Exercise reduces the risk of heart disease. (2) Exercise reduces the risk of diabetes. (3) Exercise increases bone mass. (4) Exercise makes for easier aging. (5) Exercise increases longevity and maintains physical working capacity during aging. (6) Exercise improves psychological well-being.
- 48) (1) Cardiorespiratory fitness: cardiorespiratory fitness is a measure of the circulatory system's ability to pump blood to the working muscles and the ability of the muscles to take up and use the oxygen to produce energy for muscular contraction. (2) Body composition: the term body composition refers to the relative amounts of fat and lean body tissue found in the body. (3) Muscular strength: the maximal ability of a muscle to generate force. (4) Muscular endurance: the ability of a muscle to generate force over and over again. (5) Flexibility: the ability to move joints freely through their full range of motion.
- 49) (1) Precontemplation: stage of behavior change where the individual does not plan to change their unhealthy behavior. (2) Contemplation: stage where a person is aware of the need to change and intends to do so within the next 6 months. (3) Preparation: stage where the person is getting ready to make the change within the next 30 days. (4) Action: stage where the behavior change has occurred but for less than 6 months. (5) Maintenance: stage where the person sustains the change for at least 6 months.
- 50) Answers may vary, but could include:
- Get a pedometer and keep track of your steps, with a goal of walking 10,000 steps per day.
 - Take advantage of every opportunity to get exercise where possible, including taking the stairs instead of the elevator or escalator; walking, not driving, to all your classes; walking to complete your errands.
 - Do exercises in your apartment or living room.
 - Try out a fitness DVD or online fitness video.
 - Invite a friend to join you in your physical activities
 - Reward yourself for your successes along the way, but don't do so in a way that undermines your progress.