|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. A person’s socioeconomic level is one of the three basic factors that determine their health and longevity.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 2. Genetic factors play a smaller role in chronic disease development than personal lifestyle choices.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 3. The lifestyle-related risk factor that is estimated to have the greatest impact on health and well-being is nutrition.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 4. Chronic lower respiratory disease (CLRD) is mostly related to alcohol abuse.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 5. Physical inactivity in the United States is the greatest threat to public health.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 6. Prior to 1990, obesity rates throughout the world and in the United States remained relatively steady.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 7. Physical wellness entails confidence and optimism about one’s ability to protect physical health and take care of health problems.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 8. In terms of general health promotion, the main emphasis of physical fitness programs should be on skill-related components.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 9. Metabolic profile is a measurement of insulin sensitivity, glucose tolerance, and improved cholesterol levels.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 10. According to the U.S. Centers for Disease Control and Prevention (CDC), cancer was the second highest cause of death among individuals aged between 45 and 64 in the year 2018.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | True |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 11. There are two dimensions of wellness: mental and physical.

|  |  |  |
| --- | --- | --- |
|   | a.  | True |
|   | b.  | False |

|  |  |
| --- | --- |
| *ANSWER:* | False |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 12. 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.  | Substance abuse |
|   | e.  | Diabetes |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 13. Which of the following terms is used to refer to the cause of deaths attributed to a lack of regular physical activity?

|  |  |  |
| --- | --- | --- |
|   | a.  | Inactive death syndrome |
|   | b.  | Physical death syndrome |
|   | c.  | Secondary death syndrome |
|   | d.  | Sedentary death syndrome |
|   | e.  | Preventable death syndrome |

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| 14. Physical activity has an inverse relationship to which of the following?

|  |  |  |
| --- | --- | --- |
|   | a.  | Cigarette smoking |
|   | b.  | Bradycardia  |
|   | c.  | Chronic lower respiratory disease |
|   | d.  | Premature mortality |
|   | e.  | Weight loss |

|  |  |
| --- | --- |
| *ANSWER:* | d |

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 15. Kennedy volunteers at a local soup kitchen. Which of the following factors describes one of the seven dimensions of wellness she is likely experiencing?

|  |  |  |
| --- | --- | --- |
|   | a.  | Copes with stress well |
|   | b.  | Has a sense of meaning and direction in life |
|   | c.  | Eats a well-balanced diet and maintains recommended body weight |
|   | d.  | Accepts her limitations and achieves emotional stability |
|   | e.  | Applies what she has learned |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 16. Identify a situation in which your heart rate is likely to be at its lowest point.

|  |  |  |
| --- | --- | --- |
|   | a.  | At the height of puberty  |
|   | b.  | Early in the morning after getting out of bed |
|   | c.  | Early afternoon just after lunch |
|   | d.  | Early in the morning before getting out of bed |
|   | e.  | After dinner before bedtime |

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| 17. Which of the following blood pressure readings represents stage 2 hypertension?

|  |  |  |
| --- | --- | --- |
|   | a.  | Systolic <120 and diastolic <80 |
|   | b.  | Systolic <140 and diastolic <90 |
|   | c.  | Systolic >140 and diastolic >90 |
|   | d.  | Systolic >140 and diastolic <80 |
|   | e.  | Systolic <120 and diastolic <90 |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 18. Generally, a lower heart rate is an indication of which of the following conditions?

|  |  |  |
| --- | --- | --- |
|   | a.  | Degenerative disease |
|   | b.  | Strong heart |
|   | c.  | Obesity |
|   | d.  | A congenital defect |
|   | e.  | A healthy metabolic profile |

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| --- | --- |
| *ANSWER:* | b |

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| 19. The number one cause of cancer deaths over the last five decades can be attributed to which environmental factor?

|  |  |  |
| --- | --- | --- |
|   | a.  | Poor diet |
|   | b.  | Sun exposure |
|   | c.  | Viral exposure |
|   | d.  | Smoking |
|   | e.  | Excess body fat |

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| --- | --- |
| *ANSWER:* | d |

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| 20. Pregnant and postpartum women who regularly engage in vigorous-intensity aerobic activity prior to pregnancy can continue their activity throughout pregnancy and the postpartum period provided:

|  |  |  |
| --- | --- | --- |
|   | a.  | they significantly limit physical activity right after giving birth. |
|   | b.  | they limit their exercise to 150 minutes per week. |
|   | c.  | they consume extra protein and carbohydrates. |
|   | d.  | they avoid running and jumping. |
|   | e.  | their health condition remains unchanged.  |

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| --- | --- |
| *ANSWER:* | e |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 21. According to the Physical Activity Guidelines for Americans, what is the minimum number of daily steps recommended for adults?

|  |  |  |
| --- | --- | --- |
|   | a.  | 10,000 |
|   | b.  | 6,000 |
|   | c.  | 5,300 |
|   | d.  | 2,500 |
|   | e.  | 500 |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 22. Most chronic lower respiratory disease is related to:

|  |  |  |
| --- | --- | --- |
|   | a.  | poor diet. |
|   | b.  | smoking and second-hand smoke. |
|   | c.  | not getting the flu shot every year. |
|   | d.  | physical inactivity. |
|   | e.  | swimming in chlorinated water. |

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| --- | --- |
| *ANSWER:* | b |

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| 23. Smart phones track physical movement using which embedded device?

|  |  |  |
| --- | --- | --- |
|   | a.  | Sphygmomanometer |
|   | b.  | Barometer |
|   | c.  | Gravity manometer |
|   | d.  | Aneroid manometer |
|   | e.  | Accelerometer |

|  |  |
| --- | --- |
| *ANSWER:* | e |

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| 24. The main difference between physical activity and exercise is:

|  |  |  |
| --- | --- | --- |
|   | a.  | exercise is a level of activity that is lower than is required to maintain health. |
|   | b.  | physical activity is always vigorous. |
|   | c.  | exercise improves or maintains one or more components of physical fitness. |
|   | d.  | physical activity is planned, structured, and repetitive. |
|   | e.  | exercise includes the concept of NEAT. |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 25. What is the main difference between immediate (acute) and long-term benefit of exercise?

|  |  |  |
| --- | --- | --- |
|   | a.  | There is no immediate health benefit to exercise. |
|   | b.  | Only long-term health benefits are valuable to health. |
|   | c.  | Immediate health benefits of exercise dissipate shortly after a single exercise session. |
|   | d.  | Immediate health benefits of exercise are greater than long-term benefits of exercise. |
|   | e.  | Only immediate health benefits of exercise are beneficial for well-trained athletes. |

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| --- | --- |
| *ANSWER:* | c |

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| 26. Which of the following statements is true of mental wellness?

|  |  |  |
| --- | --- | --- |
|   | a.  | It can only be achieved by praying regularly. |
|   | b.  | It refers to the effort an individual wants to put into a job. |
|   | c.  | It allows you to engage your mind in lively interaction with the world around you. |
|   | d.  | It is also referred to as social wellness. |
|   | e.  | It enables you to eliminate unnecessary situations in your life. |

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| --- | --- |
| *ANSWER:* | c |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 27. What is the major difference between wellness and physical fitness?

|  |  |  |
| --- | --- | --- |
|   | a.  | Physical fitness means freedom from disease. |
|   | b.  | Wellness is part of being physical fit.  |
|   | c.  | There is only one dimension to wellness. |
|   | d.  | Physical fitness is a constant and deliberate effort to stay well. |
|   | e.  | Wellness encompasses seven dimensions including physical wellness. |

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| --- | --- |
| *ANSWER:* | e |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 28. Anh takes less than 5,000 steps per day. Under which of the following categories does Anh’s activity level fall?

|  |  |  |
| --- | --- | --- |
|   | a.  | Somewhat active |
|   | b.  | Low active |
|   | c.  | Sedentary |
|   | d.  | Active |
|   | e.  | Highly active |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 29. The fitness trainer at Mina’s health club is helping her increase control over her lifestyle to move her toward a state of wellness. Which of the concepts below is her fitness trainer practicing?

|  |  |  |
| --- | --- | --- |
|   | a.  | Discipline promotion |
|   | b.  | Altruism |
|   | c.  | Health promotion |
|   | d.  | Skill-related promotion |
|   | e.  | Metabolic promotion |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 30. Which of the following refers to an observational study of scientific health studies?

|  |  |  |
| --- | --- | --- |
|   | a.  | Case control study |
|   | b.  | Laboratory study |
|   | c.  | Clinical trial |
|   | d.  | Systematic review |
|   | e.  | Placebo-controlled study |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 31. Which of the following statements is true of loneliness?

|  |  |  |
| --- | --- | --- |
|   | a.  | It increases levels of the stress hormone cortisol. |
|   | b.  | It decreases vascular resistance. |
|   | c.  | It enhances immune function. |
|   | d.  | It decelerates cognitive decline. |
|   | e.  | It helps maintain social wellness. |

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| --- | --- |
| *ANSWER:* | a |

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| 32. Jordan goes to his school by taking a brisk walk, utilizing five times more oxygen than utilized while sleeping. Identify the intensity of his physical activity.

|  |  |  |
| --- | --- | --- |
|   | a.  | Sedentary |
|   | b.  | Moderate |
|   | c.  | Light |
|   | d.  | Vigorous |
|   | e.  | Extremely light |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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| 33. Of the seven 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 |
|   | d.  | Harmony with the earth |
|   | e.  | Applying what you have learned |

|  |  |
| --- | --- |
| *ANSWER:* | a |

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| 34. Physical wellness involves which of the following?

|  |  |  |
| --- | --- | --- |
|   | a.  | Personal satisfaction with employment   |
|   | b.  | Concern for oneself and humanity |
|   | c.  | Optimism about one’s ability to take care of health problems |
|   | d.  | Harmony with the earth |
|   | e.  | Applying what you have learned |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 35. Mental wellness involves which of the following?

|  |  |  |
| --- | --- | --- |
|   | a.  | Personal satisfaction with employment   |
|   | b.  | Concern for oneself and humanity |
|   | c.  | A sense of meaning and direction |
|   | d.  | Harmony with the earth |
|   | e.  | Applying what you have learned |

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| --- | --- |
| *ANSWER:* | e |

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| 36. Social wellness involves which of the following?

|  |  |  |
| --- | --- | --- |
|   | a.  | Personal satisfaction with employment   |
|   | b.  | Concern for oneself and humanity |
|   | c.  | A sense of meaning and direction |
|   | d.  | Harmony with the earth |
|   | e.  | Applying what you have learned |

|  |  |
| --- | --- |
| *ANSWER:* | b |

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 37. Environmental wellness involves which of the following?

|  |  |  |
| --- | --- | --- |
|   | a.  | Personal satisfaction with employment |
|   | b.  | Concern for oneself and humanity |
|   | c.  | A sense of meaning and direction |
|   | d.  | Harmony with the earth |
|   | e.  | Applying what you have learned |

|  |  |
| --- | --- |
| *ANSWER:* | d |

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| 38. All the following statements are true of spiritual wellness *except*:

|  |  |  |
| --- | --- | --- |
|   | a.  | It provides a unifying power that integrates all dimensions of wellness. |
|   | b.  | It gives a sense of purpose and meaning to life. |
|   | c.  | It is directly related to your performance at work. |
|   | d.  | It is linked to physical health. |
|   | e.  | It strengthens the immune system. |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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| 39. Resting heart rate is inversely related to which of the following?

|  |  |  |
| --- | --- | --- |
|   | a.  | Cardiopulmonary disease |
|   | b.  | Physical inactivity |
|   | c.  | Cardiorespiratory endurance |
|   | d.  | Blood pressure |
|   | e.  | Bradycardia |

|  |  |
| --- | --- |
| *ANSWER:* | c |

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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 40. Which of the following statements is true of metabolic equivalent (MET)?

|  |  |  |
| --- | --- | --- |
|   | a.  | One MET is the amount of oxygen utilized by a person when resting. |
|   | b.  | Two MET is the amount of oxygen utilized by a person while washing dishes. |
|   | c.  | Three MET is the amount of oxygen utilized by a person when swimming. |
|   | d.  | Ten MET is the amount of oxygen utilized by a person when running. |
|   | e.  | Six MET is the amount of oxygen utilized by a person when biking. |

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| --- | --- |
| *ANSWER:* | a |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 41. What is the main difference between health-related fitness and performance-related fitness?

|  |  |  |
| --- | --- | --- |
|   | a.  | Health-related fitness is not a form of physical fitness. |
|   | b.  | Performance-related fitness involves muscular strength and endurance. |
|   | c.  | Health-related fitness involves agility and balance. |
|   | d.  | Health-related fitness involves improvements in the metabolic profile. |
|   | e.  | Performance-related fitness involves improvements in blood lipids and glucose. |

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| *ANSWER:* | d |

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| 42. Choni, who is 25 years old, wants to achieve health and fitness and prevent weight gain. According to the U.S. federal guidelines, he should perform which exercise regimen?

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|   | a.  | At least 30 minutes of moderate intensity exercise 5 times per week |
|   | b.  | At least 20 minutes of vigorous intensity exercise 3 times per week |
|   | c.  | At least 60 minutes of moderate and/or vigorous intensity exercise 5–7 times per week |
|   | d.  | At least 60-90 minutes of moderate and/or vigorous intensity exercise 5–7 times per week |
|   | e.  | At least 120 minutes of vigorous intensity exercise 7 times per week |

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| *ANSWER:* | c |

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| 43. What is the main reason physical fitness standards are set higher than health fitness standards?

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|   | a.  | Physical fitness has a more intense exercise program. |
|   | b.  | Health fitness involves weight loss. |
|   | c.  | Physical fitness improves the metabolic profile. |
|   | d.  | Health fitness decreases muscular strength. |
|   | e.  | Only physical fitness is part of wellness. |

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| *ANSWER:* | a |

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| 44. Which of the following is a principal benefit of participating in a regular fitness and wellness program?

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|   | a.  | Living a wealthy life |
|   | b.  | Making friends for life |
|   | c.  | Changing life into a game you can win |
|   | d.  | Reducing the amount of time spent at work |
|   | e.  | Enjoying a better quality of life |

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| *ANSWER:* | e |

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| 45. Even though Michael would benefit from weight loss and an increase in aerobic activity, his active lifestyle and moderate-intensity physical activity have likely improved which of following measures of fitness?

|  |  |  |
| --- | --- | --- |
|   | a.  | Speed and power |
|   | b.  | Muscular |
|   | c.  | Agility |
|   | d.  | Mortality |
|   | e.  | Metabolic |

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| *ANSWER:* | e |

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| 46. Which of the following statements is true of exercise?

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|   | a.  | It prevents the enlargement of the hippocampus. |
|   | b.  | It does not affect the serotonin level in the body. |
|   | c.  | It decreases bone density. |
|   | d.  | It is not useful in treating depression. |
|   | e.  | It increases the release of dopamine. |

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| *ANSWER:* | e |

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| 47. Which of the following is a benefit of a health fitness standard?

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| --- | --- | --- |
|   | a.  | Improvements in the metabolic profile |
|   | b.  | Sustained moderate to vigorous physical activity |
|   | c.  | Independence throughout life |
|   | d.  | Ability to carry out activities like those conducted in youth |
|   | e.  | The highest fitness requirements for maintaining good health |

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| *ANSWER:* | a |

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| 48. What is a health-related fitness component of physical fitness?

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| --- | --- | --- |
|   | a.  | Agility |
|   | b.  | Body composition |
|   | c.  | Reaction time |
|   | d.  | Balance |
|   | e.  | Power |

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| *ANSWER:* | b |

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| 49. Which incurable brain-related condition may be prevented later in life through regular physical activity?

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| --- | --- | --- |
|   | a.  | Dementia and Alzheimer's |
|   | b.  | Depression |
|   | c.  | Epilepsy |
|   | d.  | Blindness or deafness |
|   | e.  | Headaches and migraines |

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| *ANSWER:* | a |

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| 50. A measurement of fitness using VO2max values of 35 and 32.5 mL/kg/min for men and women, respectively, is characterized by which health improvement?

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| --- | --- | --- |
|   | a.  | Lower risk for all-cause mortality |
|   | b.  | Increased muscular fitness |
|   | c.  | Improved agility |
|   | d.  | Weight loss |
|   | e.  | Better reaction time |

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| *ANSWER:* | a |

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| 51. How have health expenditures changed in relation to the change in physical exertion in Western countries over the last century?

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|   | a.  | Health care expenditures and physical exertion have both increased. |
|   | b.  | Health care expenditures and physical exertion have both declined. |
|   | c.  | Health care expenditures decreased dramatically. |
|   | d.  | Health care expenditures increased dramatically. |
|   | e.  | Health care expenditures increased due to higher physical exertion. |

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| *ANSWER:* | d |

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| 52. Which factor best describes the reason rates of heart attack and death caused by cardiovascular disease have dropped during the second half of the 20th century?

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|   | a.  | Decrease in the total population |
|   | b.  | Less medical intervention |
|   | c.  | Greater use of dietary supplements |
|   | d.  | More emphasis on wellness  |
|   | e.  | Increase in cancer rates |

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| *ANSWER:* | d |

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| 53. Exercise has repeatedly been shown to be effective in treating depression by increasing which of the following body chemicals?

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| --- | --- | --- |
|   | a.  | Serotonin |
|   | b.  | Insulin |
|   | c.  | Dopamine |
|   | d.  | Glutamate |
|   | e.  | Norepinephrine |

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| *ANSWER:* | a |

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| 54. Identify a federal guideline for physical activity.

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|   | a.  | Adults should do 150 minutes a week of moderate-intensity aerobic physical activity. |
|   | b.  | Adults should do 75 minutes of vigorous-intensity aerobic physical activity every day. |
|   | c.  | Children and adolescents should do 5 hours or more of physical activity every day. |
|   | d.  | Children and adolescents should do vigorous-intensity activity every day. |
|   | e.  | Children and adolescents should do muscle-strengthening and bone-strengthening activities one day per month. |

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| *ANSWER:* | a |

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| 55. On average, most people spend 8 hours per day or more participating in which activity?

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| --- | --- | --- |
|   | a.  | Reclining |
|   | b.  | Slumping |
|   | c.  | Walking |
|   | d.  | Standing |
|   | e.  | Sitting |

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| *ANSWER:* | e |

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| 56. Which factor is credited with the reduction of infectious disease in the Western world?

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| --- | --- | --- |
|   | a.  | Increase in physical activity |
|   | b.  | Increase in chronic disease |
|   | c.  | Progress in the medical field |
|   | d.  | Changes in healthcare costs |
|   | e.  | Ease and excesses of modern life |

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| *ANSWER:* | c |

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| 57. Which of the following can be used to predict how physical activity will impact a person’s cardiovascular system?

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|   | a.  | Their genetic predisposition |
|   | b.  | Their agility level |
|   | c.  | Their V02max |
|   | d.  | Their metabolic profile |
|   | e.  | Prediction is not possible |

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| *ANSWER:* | e |

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| 58. Heart rate can be determined by counting your pulse either on the wrist over the radial artery or at which other location on the body?

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|   | a.  | Carotid artery over the heart |
|   | b.  | Radial artery on the temple |
|   | c.  | Carotid artery in the neck |
|   | d.  | Radial arteries in the feet |
|   | e.  | Carotid artery in the spine |

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| *ANSWER:* | c |

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| 59. A healthy pulse rate is characterized by which rhythm?

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| --- | --- | --- |
|   | a.  | Peak-and-valley rhythm |
|   | b.  | Steadily slowing pace |
|   | c.  | Skipped beat every minute |
|   | d.  | Steadily rising pace |
|   | e.  | Consistent (regular) rhythm |

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| *ANSWER:* | e |

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| 60. Which action is recommended when conducting a blood pressure measurement?

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| --- | --- | --- |
|   | a.  | Completely emptying the bladder |
|   | b.  | Exercising for an hour before |
|   | c.  | Taking no more than one reading |
|   | d.  | Avoiding water and other liquids |
|   | e.  | Using only one arm for the reading |

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| *ANSWER:* | a |

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| 61. Which of the following characteristics is a trained athlete likely to experience compared to someone who is sedentary?

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|   | a.  | Decreased blood volume |
|   | b.  | Lower resting heart rate |
|   | c.  | Smaller heart |
|   | d.  | Higher pulse rate at rest |
|   | e.  | Lower stroke volume |

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| *ANSWER:* | b |

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| 62. Which other factor besides physical training generally determines the extent of bradycardia?

|  |  |  |
| --- | --- | --- |
|   | a.  | Height at puberty |
|   | b.  | Blood type |
|   | c.  | Weight during exercising |
|   | d.  | Genetics  |
|   | e.  | Metabolic profile |

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| *ANSWER:* | d |

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| 63. How is blood pressure expressed?

|  |  |  |
| --- | --- | --- |
|   | a.  | Pulse rate during exercise minus pulse rate at rest |
|   | b.  | Diastolic over systolic pressure |
|   | c.  | Mean systolic divided by diastolic pressure |
|   | d.  | Systolic over diastolic pressure |
|   | e.  | Beats per minute |

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| *ANSWER:* | d |

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| 64. A long-term benefit of exercise is that it helps people sleep better.

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|   | a.  | True |
|   | b.  | False |

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| *ANSWER:* | True |

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| 65. Which is true for both long-term (regular) and short-term (acute) exercise?

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|   | a.  | Short-term and long-term exercise must be performed for the same amount of time. |
|   | b.  | Short-term exercise occurs when long-term exercise is repeated daily. |
|   | c.  | Long-term exercise is short-term exercise repeated daily. |
|   | d.  | Long-term and short-term benefits of exercise dissipate within 48 hours. |
|   | e.  | Long-term and short-term benefits of exercise do not apply to older adults. |

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| *ANSWER:* | c |

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| 66. Which behavior represents the concept of environmental wellness?

|  |  |  |
| --- | --- | --- |
|   | a.  | Embracing the chance to learn new things |
|   | b.  | Harboring resentment about not getting a job |
|   | c.  | Seeing the doctor for regular check-ups |
|   | d.  | Taking action to protect the Earth |
|   | e.  | Having many friends |

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| *ANSWER:* | d |

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| 67. Which behavior represents the concept of mental wellness?

|  |  |  |
| --- | --- | --- |
|   | a.  | Embracing the chance to learn new things |
|   | b.  | Harboring resentment about not getting a job |
|   | c.  | Seeing the doctor for regular check-ups |
|   | d.  | Wearing a seatbelt |
|   | e.  | Having just a few close friends |

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| *ANSWER:* | a |

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| 68. Which behavior represents the concept of physical health?

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| --- | --- | --- |
|   | a.  | Sitting for most of the day |
|   | b.  | Harboring resentment about not getting a job |
|   | c.  | Seeing the doctor for regular check-ups |
|   | d.  | Refusing to wear a seatbelt |
|   | e.  | Having no friends |

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| --- | --- |
| *ANSWER:* | c |

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| 69. Which behavior represents the concept of social wellness?

|  |  |  |
| --- | --- | --- |
|   | a.  | Disliking someone based on their politics |
|   | b.  | Harboring resentment about not getting a job |
|   | c.  | Extending respect and tolerance to others |
|   | d.  | Refusing to wear your seatbelt |
|   | e.  | Having no friends |

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| --- | --- |
| *ANSWER:* | c |

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| 70. Which behavior represents the concept of emotional wellness?

|  |  |  |
| --- | --- | --- |
|   | a.  | Disliking someone based on their politics |
|   | b.  | Being able to cope with stress in a healthy way |
|   | c.  | Extending respect and tolerance to others |
|   | d.  | Refusing to wear your seatbelt |
|   | e.  | Having dozens of friends |

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| --- | --- |
| *ANSWER:* | b |

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| 71. Countless studies have established that as physical activity increases, which of the following results occurs?

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| --- | --- | --- |
|   | a.  | Infectious disease risk increases. |
|   | b.  | Medical errors decrease. |
|   | c.  | Accident risk is lower. |
|   | d.  | Overall mortality rates decrease. |
|   | e.  | Healthcare costs increase. |

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| *ANSWER:* | d |

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| 72. Who or what is mainly responsible for wellness?

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| --- | --- | --- |
|   | a.  | The individual |
|   | b.  | Society |
|   | c.  | The government |
|   | d.  | The healthcare system |
|   | e.  | The family |

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| *ANSWER:* | a |

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| 73. What risk factors might interfere with safe participation in exercise for some people, and what exercise-induced abnormalities might result?

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| *ANSWER:* | Answer may vary.A small but real risk exists for exercise-induced abnormalities in people with a history of cardiovascular problems, certain chronic conditions, and a higher risk for disease. Among the exercise-induced abnormalities are abnormal blood pressure, irregular heart rhythm, fainting, and, in rare instances, a heart attack or cardiac arrest. |

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| 74. According to the U.S. Centers for Disease Control and Prevention (CDC), what are four lifestyle habits that can reduce your risk of heart disease, cancer, and diabetes by nearly 80 percent?

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| *ANSWER:* | Answer may vary.According to the CDC, the following four health living habits can reduce your risk of chronic diseases such as heart disease, cancer, and diabetes by almost 80 percent:* Get at least 30 minutes of daily moderate-intensity physical activity.
* Never smoke.
* Eat a healthy diet (ample fruit and vegetables, whole-grain products, and low meat consumption).
* Maintain a body mass index (BMI) of less than 30.
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| 75. Compare and contrast health fitness standards and physical fitness standards.

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| *ANSWER:* | Answer may vary.Health fitness standards are based on data linking minimum fitness values to disease prevention and health. Attaining health fitness standards requires only moderate physical activity. Although fitness improvements are not clearly notable in a moderate-intensity exercise program, health improvements are quite striking. These benefits include a reduction in blood lipids, lower blood pressure, weight loss, stress release, less risk for diabetes, and lower risk for disease and premature mortality.Physical fitness standards are set higher than health fitness standards and require a more intense exercise program. Physically fit people of all ages have the freedom to enjoy most of life’s daily and recreational activities to their fullest potentials. |

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| 76. Compare and contrast health-related fitness and skill-related physical fitness.

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| *ANSWER:* | Answer may vary.Health-related fitness is related to the ability to perform activities of daily living without undue fatigue. The health-related fitness components are cardiorespiratory (aerobic) endurance, muscular fitness (strength and endurance), muscular flexibility, and body composition.Skill-related fitness components consist of agility, balance, coordination, reaction time, speed, and power. These components are related primarily to successful sports and motor skill performance. |

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| 77. List at least three biological processes that can change and the resulting effects on the body due to extended periods of sitting.

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| *ANSWER:* | Answer may vary.1. Blood flow becomes sluggish and is more likely to form life-threatening clots in the lungs and legs.
2. Arteries lose flexibility and have a lower capacity to expand and relax.
3. Slower blood flow means less oxygen and glucose delivered to the brain and body.
4. Decreased cognitive function declines and the feeling of fatigue increases.
5. Fat accumulates in muscle cells and interferes with insulin's ability to transport glucose into muscle cells.
6. Insulin resistance increases along with the accompanying risk for diabetes and cardiovascular disease.
7. Triglycerides in the blood increase during inactivity due to inactive muscles stopping the production of the enzyme that captures these fats from the blood for fuel use.
8. HDL cholesterol levels (the good cholesterol) drop by 20 percent, which limits the body’s ability to remove bad cholesterol from the blood.
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| 78. Explain how exercise enhances the brain's learning capacity, emphasizing the role of the protein brain-derived neurotrophic factor (BDNF).

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| *ANSWER:* | Answer may vary.Exercise increases blood flow to the brain, providing oxygen, glucose, and other nutrients and improving the removal of metabolic waste products. The increased blood and oxygen flow also prompts the release of a protein called brain-derived neurotrophic factor (BDNF). This protein works by strengthening connections between brain cells and repairing any damage within them. BDNF stimulates the growth of new neurons in the hippocampus, the portion of the brain involved in memory, planning, learning, and decision-making. The hippocampus is one of only two parts of the adult brain where new cells can be generated. The connections strengthened by BDNF are critical for learning to take place and for memories to be stored. Exercise provides the necessary stimulus for brain neurons to interconnect, creating the perfect environment in which the brain is ready and able to learn. |

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| 79. Keisha has a blood pressure reading of 140 over 75 mm Hg. What does this reading tell you about Keisha’s health? She mentioned that the nurse was in a hurry and took her blood pressure only once. How might this change your assessment of her original reading?

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| *ANSWER:* | Answers may varyKeisha’s blood pressure reading of 135/75 mm Hg is categorized as stage 1 hypertension since her systolic pressure is between 130 and 139 mm Hg. However, since the nurse only took her blood pressure once, the blood pressure reading may not be accurate. Ideally, blood pressure should be taken a minimum of three times to get an average. In addition, Keisha may have experienced the white coat effect caused by the presence of medical staff in the room, and this may have abnormally increased her blood pressure. |

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| 80. Compare and contrast the Federal Guidelines for Physical Activity for adults between 18 and 64, older adults (ages 65 and older), and children 6 years of age and older and adolescents.

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| *ANSWER:* | Answers may varyAdults under the age of 65 should perform 150 minutes to 300 minutes per week of moderate-intensity aerobic physical activity or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity. Adults should also do muscle-strengthening activities that involve all muscle groups two or more days per week. Older adults should follow the same guidelines as their abilities allow. In addition, older adults should do exercises that maintain or improve balance if they are at risk for falling. Children 6 years of age and older and adolescents should perform 1 hour of moderate to vigorous-intensity physical activity every day and include vigorous-intensity activity at least 3 days per week. They should also do muscle-strengthening and bone-strengthening activities on at least 3 days per week. |

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